



ACL RECONSTRUCTION

Patient name:

Date of surgery:

Surgeon:

	Weight Bearing	ROM	Exercise and Goals (*)
Phase 1: 0-2 Weeks Max. protection	PWB progress to WBAT. Cease crutches when ambulating without limp	0-90° Focus on regaining full extension ASAP	Extension: heel prop, prone hang. Flexion: heel slides Quads: Straight leg raise/VMO Patellar mobilisation. Gastrocnemius stretch * Pain relief / Inflammation relief * Early ROM and gait training
Phase 2: 2-6 Weeks Progressive ROM	WBAT Gait Training	0-120° Regain full/symmetrical hyperextension	Progress ROM exercises. Hamstring stretching Patellar mobilisation Light closed chain resistance *Inflammation control *Progress ROM *Normal gait and proprioception
Phase 3: 6-12 Weeks Strengthening + Proprioception	WBAT	Full ROM with terminal stretches. Pain free	Continue ROM exercises. Advanced closed chain strengthening Proprioception drills Exercise bike and treadmill No running. *Protect ACL *Retain extension *Muscle strength and control
Phase 4: 3-6 Months Advanced Conditioning + Functional Drills	WBAT	Full ROM	Full gym strengthening program Plyometric/jumping drills. Straight plane running at 12 weeks *Continue strengthening *Cardiovascular endurance
Phase 5: 6 Months and beyond Return to sports	WBAT	Full ROM	Agility training Sport specific activities *Gradual return to sports

No hamstring stretches until 4 weeks
No hamstring strengthening until 6 weeks
No flexion > 90 degrees if meniscal repair

Milestones

Driving	2-4 weeks	
Work	Desk	1-3 weeks
	Light individual	4-6 weeks
	Medium	3 months
	Heavy	4-6 months
Sport	Walking/stairs	1-2 months
	Stationary bike	6 weeks
	Running	3 months
	Jumping/pivoting	6 months (guided by physio.)
	High performance	9-12 months
Golf	Short game	3 months
	Full swing	6 months