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ACL Reconstruction

Recovery Timeline

Immediate Post-op

- If issued a knee immobilizing brace – wear with walking and sleeping
- Initiate physical therapy 2 days post-op (then 2-3 times per week)
- Focus on keeping knee straight
- Ice frequently using ice pack or cool therapy device
- Keep leg elevated above heart as often as possible when in bed x 2-3 days
- Keep incision dry
- Weight bearing as tolerated
- If at any time you have discomfort, swelling or redness in the calf (behind the leg between the knee and ankle) please call the office immediately.

Week 1-2

- Perform home exercise program given by PT
- Stationary bike (ROM only w/ no resistance)
- Follow-up appointment with M.D. and removal of sutures one week post-op
- Scar mobilization after sutures are removed and incision is closed

Week 2-4

- Balance training
- Focus on gait pattern

Week 4-6

- Follow up 5 weeks post op

Week 12

- May start running on treadmill or track if cleared by physician and physical therapist

Week 16-20

- Initiate agility, plyometrics, running curves, cutting and biking outdoors if cleared by physician and physical therapist

6 Months

- Consider ACL Injury prevention and return to sport program (ie. Sportsmetrics)

9 months - full return to activity

- Continue strengthening
- Progress running, agilities
- Return to sports if cleared by physician