

ACL Reconstruction Post-operative Timeline

*** Time After Surgery ***

- 0 day - 1 day
 - Begin home knee exercises (see sheet "Knee Exercises"), perform 3 times daily
- 1 day - 3 days
 - Begin physical therapy
 - Discontinue crutches while walking with brace on
- 3 days
 - Remove the post-operative dressing
 - Cover incisions with waterproof bandaids
 - You may shower, but keep incisions dry and covered with waterproof bandaids
- 10 days - 2 weeks
 - Sutures removed at doctor's office
 - Remove brace at night while sleeping
 - Unlock brace while walking
- 4 weeks
 - Remove brace while walking
- 10 weeks
 - Start water treadmill
- 11 weeks
 - Start Alter-G treadmill
- 3 months
 - Start jogging, straight-line, on dry ground
- 4.5 months
 - Start plyometrics
 - Start sport-specific training
- 5 months + 1 weeks
 - Complete ACL FAST test
- 6 to 12 months
 - Return to competitive sports