

ACL RETURN TO SPORT TIMELINE



FIRST THREE MONTHS

- Primary focus on protection, range of motion, and quadriceps activation
- One-on-one sessions with physical therapist, physical therapist assistant, or athletic trainer where appropriate
- Frequency typically 1-2 times per week

SECOND THREE MONTHS

- Focus on further strengthening, progressing to running and plyometric exercise
- Consider ACE STRENGTH program
- Frequency typically 1-2 times per week

THIRD THREE MONTHS

- Further progression on plyometric exercises, single leg exercises, return to sport focus
- Consider ACE SPORT program
- Frequency typically 2-3 times per week

ACE STRENGTH

- Small group training sessions 2-3 times per week with ATC
- In coordination with formal rehabilitation, ACE Strength will assist athletes with regaining appropriate muscle strength and movement control, aiding with the transition into the next phase of rehabilitation regardless of injury
- Focuses: muscular strength, fundamental movement mechanics, conditioning
- Approximate duration: 12 weeks

ACE SPORT

- Small group training sessions 2-3 times per week with PT/PTA/ATC
- Late phase return to performance program allowing for increased intensity in strength, power, speed, agility and overall conditioning
- Focuses: acceleration, deceleration, jumping, landing, sprinting, agility, reactive decision making, conditioning
- Approximate duration: 12 weeks