

ACL ROAD TO RECOVERY



TAKING YOU FROM REHABILITATION TO SPORT

CONTACT

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LOCATION & PRICING INFORMATION

TCOmn.com/Sports-Performance

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ACL RECOVERY TIMELINE



PRE-OPERATIVE THERAPY

- Educate the patient on the ACL criteria-based rehab timeline for optimal return to sport
- Instruct on home exercise program to address range of motion deficits, edema control, and quad function

POST-OPERATIVE THERAPY

- Physical therapy usually begins within 1 - 5 days after surgery
- PT frequency: 1 - 2x/week for 3 - 4 months, then 1 - 4x/month for 2 - 3 months
- Initial focus is range of motion, edema control, quad function, and normalize gait; progressing into strength and conditioning as symptoms and protocol allow
- TRAC ACL testing in our biomechanics lab at Training HAUS is encouraged at 3, 6, and 9 months post-op to help measure progress and identify deficits to address before return to sport
- **Goal:** To regain strength and function of surgical leg to within 90%+ of non-surgical, and minimize compensatory patterns before full return to sport to help decrease risk of reinjury

* Return to sport clearance must be granted by patient's physician and rehabilitation team

RECOVERY PROGRAMS

ACE STRENGTH

- Typically begins around 3 - 6 months post-surgery
- Work with our certified strength and conditioning specialists
- Small group training sessions 2x/week
- In conjunction with formal PT to help regain appropriate muscle strength for the next phase of rehab

ACE SPORT

- Typically begins around 5 - 8 months post-surgery
- Work with our sports physical therapists
- Small group training sessions 1 - 2x/week - group consists of ACE Sport athletes only
- Higher-intensity workouts and more sports-specific training in preparation for return to sport
- Progression of strength and conditioning exercises, along with an increased focus on plyometrics/agility, direction changes and reactionary movements

