

What to Expect Following your ACL Surgery

We look forward to the opportunity to provide you exceptional interdisciplinary care following your ACL surgery. Our team of physicians and physical therapists will work alongside you during your rehabilitation process over the next 9-12 months and will adapt the below timeline to best suit your individual needs.

Anticipated Timeline

- Phase 1 (Typically weeks 0-8)
 - Goals: manage pain/swelling, restore range of motion, normalize gait, begin strength and balance training as directed by your therapist
 - PT Expectations
 - Begin formal PT 1-2 weeks post-operative
 - Initiate Blood Flow Restriction Exercise as appropriate
 - Available at all Panorama PT locations
 - Crutch and brace use directed by surgeon and physical therapist
- Phase 2 (Typically weeks 8-12)
 - Goals: full range of motion, normal gait pattern with no brace or crutches
 - PT expectations
 - Continue BFR intervention and functional lower extremity strengthening
 - Core and upper extremity strengthening as tolerated
 - Initiation of dynamic stepping patterns to assist with normalizing your gait
- Phase 3 (Typically weeks 12-20)
 - Goals: full range of motion with little to no swelling, initiation and progression of running and jumping activities as directed by your therapist
 - PT Expectations
 - Continue progression of strength and balance training
 - Initiation of wall running mechanics and return to running protocol
 - Begin light double leg agility exercises around week 12, jumping progression to begin around week 16
- Phase 4 (Typically weeks 20+)
 - Goals: progression of running and jumping, initiation of sport-specific training, regular return to practice testing
 - PT Expectations
 - Prep for return to practice test between 6-8 months
 - Return to practice test between 8-12 months

While we recommend you attend PT with Panorama Physical Therapy, if you are not seeing one of our clinicians, please do not hesitate to reach out to our team with questions, **PT-sports@panoramaortho.com**, we are more than happy to assist you.