

WEEK 1: ACL Surgery Rehabilitation Exercises and Recovery Protocols

Week	Phase	Date:			Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total Weekly Time	Weekly Comments
Week 1	Phase 1		Exercise 1	Sets	2 to 3 times per day Knee Locking as often as possible with legs extended out straight. Sitting on a flat surface with a rolled towel under your heel. Do this for 30 minutes at a time	2 to 3 times per day Knee Locking as often as possible with legs extended out straight. Sitting on a flat surface with a rolled towel under your heel. Do this for 30 minutes at a time	2 to 3 times per day Knee Locking as often as possible with legs extended out straight. Sitting on a flat surface with a rolled towel under your heel. Do this for 30 minutes at a time	2 to 3 times per day Knee Locking as often as possible with legs extended out straight. Sitting on a flat surface with a rolled towel under your heel. Do this for 30 minutes at a time	2 to 3 times per day Knee Locking as often as possible with legs extended out straight. Sitting on a flat surface with a rolled towel under your heel. Do this for 30 minutes at a time	2 to 3 times per day Knee Locking as often as possible with legs extended out straight. Sitting on a flat surface with a rolled towel under your heel. Do this for 30 minutes at a time	2 to 3 times per day Knee Locking as often as possible with legs extended out straight. Sitting on a flat surface with a rolled towel under your heel. Do this for 30 minutes at a time		
				Sets	3 to 4 times per day Knee locking with push down. With a rolled towel or pillow under the heel, contract the quadriceps muscle to push the knee further down into the bed/couch holding for 5 seconds then return to relaxed extension. Do this 20 times	3 to 4 times per day Knee locking with push down. With a rolled towel or pillow under the heel, contract the quadriceps muscle to push the knee further down into the bed/couch holding for 5 seconds then return to relaxed extension. Do this 20 times	3 to 4 times per day Knee locking with push down. With a rolled towel or pillow under the heel, contract the quadriceps muscle to push the knee further down into the bed/couch holding for 5 seconds then return to relaxed extension. Do this 20 times	3 to 4 times per day Knee locking with push down. With a rolled towel or pillow under the heel, contract the quadriceps muscle to push the knee further down into the bed/couch holding for 5 seconds then return to relaxed extension. Do this 20 times	3 to 4 times per day Knee locking with push down. With a rolled towel or pillow under the heel, contract the quadriceps muscle to push the knee further down into the bed/couch holding for 5 seconds then return to relaxed extension. Do this 20 times	3 to 4 times per day Knee locking with push down. With a rolled towel or pillow under the heel, contract the quadriceps muscle to push the knee further down into the bed/couch holding for 5 seconds then return to relaxed extension. Do this 20 times	3 to 4 times per day Knee locking with push down. With a rolled towel or pillow under the heel, contract the quadriceps muscle to push the knee further down into the bed/couch holding for 5 seconds then return to relaxed extension. Do this 20 times		
				Sets	3 to 4 times per day Heal Slides: Sitting on a chair with a slippery floor (e.g. tiles) slide your heel on the floor towards your buttocks as far as comfortable and hold for 3 seconds. Then slide your heel forwards to a relaxed normal sitting position in line with your other foot. Repeat this exercise 10 times.	3 to 4 times per day Heal Slides: Sitting on a chair with a slippery floor (e.g. tiles) slide your heel on the floor towards your buttocks as far as comfortable and hold for 3 seconds. Then slide your heel forwards to a relaxed normal sitting position in line with your other foot. Repeat this exercise 10 times.	3 to 4 times per day Heal Slides: Sitting on a chair with a slippery floor (e.g. tiles) slide your heel on the floor towards your buttocks as far as comfortable and hold for 3 seconds. Then slide your heel forwards to a relaxed normal sitting position in line with your other foot. Repeat this exercise 10 times.	3 to 4 times per day Heal Slides: Sitting on a chair with a slippery floor (e.g. tiles) slide your heel on the floor towards your buttocks as far as comfortable and hold for 3 seconds. Then slide your heel forwards to a relaxed normal sitting position in line with your other foot. Repeat this exercise 10 times.	3 to 4 times per day Heal Slides: Sitting on a chair with a slippery floor (e.g. tiles) slide your heel on the floor towards your buttocks as far as comfortable and hold for 3 seconds. Then slide your heel forwards to a relaxed normal sitting position in line with your other foot. Repeat this exercise 10 times.	3 to 4 times per day Heal Slides: Sitting on a chair with a slippery floor (e.g. tiles) slide your heel on the floor towards your buttocks as far as comfortable and hold for 3 seconds. Then slide your heel forwards to a relaxed normal sitting position in line with your other foot. Repeat this exercise 10 times.	3 to 4 times per day Heal Slides: Sitting on a chair with a slippery floor (e.g. tiles) slide your heel on the floor towards your buttocks as far as comfortable and hold for 3 seconds. Then slide your heel forwards to a relaxed normal sitting position in line with your other foot. Repeat this exercise 10 times.		
				Sets	Aim towards walking in a normal way and improving your gait in the first two weeks	Aim towards walking in a normal way and improving your gait in the first two weeks	Aim towards walking in a normal way and improving your gait in the first two weeks	Aim towards walking in a normal way and improving your gait in the first two weeks	Aim towards walking in a normal way and improving your gait in the first two weeks	Aim towards walking in a normal way and improving your gait in the first two weeks	Aim towards walking in a normal way and improving your gait in the first two weeks		
				Sets	3 to 4 times per day Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day Stretching Ice/cool knee - Reduce swelling		

Note:

1. The ACL recovery exercises and protocols described above are to be used in conjunction with **regular visits to see your physician**
2. There should be little or no pain associated with ALL the exercises you perform. With all activities and rehabilitation you should be guided by the level of pain and swelling
3. Refer to the ACL Recovery Guide booklet you received for instructions on performing each exercise

Disclaimer – The information provided is to the best of our knowledge, but no warranty as to the accuracy is given and each individual should not act on the basis of its contents whilst interpreting the materials without seeking assistance from a medical or health care professional to apply them to your individual circumstances. The content is for information purposes only. If you have any concerns about your health, consult your general practitioner.

WEEK 2: ACL Surgery Rehabilitation Exercises and Recovery Protocols

Week	Phase	Date				Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total Weekly Time	Weekly Comments
Week 2	Phase 1		Exercise 1	Sets	2 to 3 times per day	Knee Locking - refer to week 1 instructions	Knee Locking - refer to week 1 instructions	Knee Locking - refer to week 1 instructions	Knee Locking - refer to week 1 instructions	Knee Locking - refer to week 1 instructions	Knee Locking - refer to week 1 instructions	Knee Locking - refer to week 1 instructions		
			Exercise 2	Sets	3 to 4 times per day	Knee locking with push down. With a rolled towel or pillow under the heel, contract the quadriceps muscle to push the knee further down into the bed/couch holding for 5 seconds then return to relaxed extension. Do this 20 times	Knee locking with push down. With a rolled towel or pillow under the heel, contract the quadriceps muscle to push the knee further down into the bed/couch holding for 5 seconds then return to relaxed extension. Do this 20 times	Knee locking with push down. With a rolled towel or pillow under the heel, contract the quadriceps muscle to push the knee further down into the bed/couch holding for 5 seconds then return to relaxed extension. Do this 20 times	Knee locking with push down. With a rolled towel or pillow under the heel, contract the quadriceps muscle to push the knee further down into the bed/couch holding for 5 seconds then return to relaxed extension. Do this 20 times	Knee locking with push down. With a rolled towel or pillow under the heel, contract the quadriceps muscle to push the knee further down into the bed/couch holding for 5 seconds then return to relaxed extension. Do this 20 times	Knee locking with push down. With a rolled towel or pillow under the heel, contract the quadriceps muscle to push the knee further down into the bed/couch holding for 5 seconds then return to relaxed extension. Do this 20 times	Knee locking with push down. With a rolled towel or pillow under the heel, contract the quadriceps muscle to push the knee further down into the bed/couch holding for 5 seconds then return to relaxed extension. Do this 20 times		
			Exercise 3	Sets	3 to 4 times per day	Heal Slides: Sitting on a chair with a slippery floor (e.g. tiles) slide your heel on the floor towards your buttocks as far as comfortable and hold for 3 seconds. Then slide your heel forwards to a relaxed normal sitting position in line with your other foot. Repeat this exercise 10 times.	Heal Slides: Sitting on a chair with a slippery floor (e.g. tiles) slide your heel on the floor towards your buttocks as far as comfortable and hold for 3 seconds. Then slide your heel forwards to a relaxed normal sitting position in line with your other foot. Repeat this exercise 10 times.	Heal Slides: Sitting on a chair with a slippery floor (e.g. tiles) slide your heel on the floor towards your buttocks as far as comfortable and hold for 3 seconds. Then slide your heel forwards to a relaxed normal sitting position in line with your other foot. Repeat this exercise 10 times.	Heal Slides: Sitting on a chair with a slippery floor (e.g. tiles) slide your heel on the floor towards your buttocks as far as comfortable and hold for 3 seconds. Then slide your heel forwards to a relaxed normal sitting position in line with your other foot. Repeat this exercise 10 times.	Heal Slides: Sitting on a chair with a slippery floor (e.g. tiles) slide your heel on the floor towards your buttocks as far as comfortable and hold for 3 seconds. Then slide your heel forwards to a relaxed normal sitting position in line with your other foot. Repeat this exercise 10 times.	Heal Slides: Sitting on a chair with a slippery floor (e.g. tiles) slide your heel on the floor towards your buttocks as far as comfortable and hold for 3 seconds. Then slide your heel forwards to a relaxed normal sitting position in line with your other foot. Repeat this exercise 10 times.	Heal Slides: Sitting on a chair with a slippery floor (e.g. tiles) slide your heel on the floor towards your buttocks as far as comfortable and hold for 3 seconds. Then slide your heel forwards to a relaxed normal sitting position in line with your other foot. Repeat this exercise 10 times.		
			Exercise 4	Sets						Introduce Prone Leg Hangs towards the end of week 2 (Ensure little or no pain when completing this exercise)	Prone Leg Hangs - Lie on your stomach with knees just overhanging the edge of a table or bench with knee caps just off the end. Hang your legs for 2 minutes in a fully extended/straight position.	Prone Leg Hangs - Lie on your stomach with knees just overhanging the edge of a table or bench with knee caps just off the end. Hang your legs for 2 minutes in a fully extended/straight position.		
			Recovery Activity	Sets		Aim towards walking in a normal way and improving your gait in the first two weeks	Aim towards walking in a normal way and improving your gait in the first two weeks	Aim towards walking in a normal way and improving your gait in the first two weeks	Aim towards walking in a normal way and improving your gait in the first two weeks	Aim towards walking in a normal way and improving your gait in the first two weeks	Aim towards walking in a normal way and improving your gait in the first two weeks	Aim towards walking in a normal way and improving your gait in the first two weeks		
			Recovery Activity	Sets	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling	Stretching Ice/cool knee - Reduce swelling	Stretching Ice/cool knee - Reduce swelling	Stretching Ice/cool knee - Reduce swelling	Stretching Ice/cool knee - Reduce swelling	Stretching Ice/cool knee - Reduce swelling	Stretching Ice/cool knee - Reduce swelling		

Note:

1. The ACL recovery exercises and protocols described above are to be used in conjunction with **regular visits to see your physician**
2. There should be little or no pain associated with ALL the exercises you perform. With all activities and rehabilitation you should be guided by the level of pain and swelling
3. Refer to the ACL Recovery Guide booklet you received for instructions on performing each exercise

Disclaimer – The information provided is to the best of our knowledge, but no warranty as to the accuracy is given and each individual should not act on the basis of its contents whilst interpreting the materials without seeking assistance from a medical or health care professional to apply them to your individual circumstances. The content is for information purposes only. If you have any concerns about your health, consult your general practitioner.

WEEK 3: ACL Surgery Rehabilitation Exercises and Recovery Protocols

Week	Phase	Date:				Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total Weekly Time	Weekly Comments
Week 3	Phase 2		Exercise 1	Sets	2 to 3 times per day	Continue with ALL Phase 1 exercises (Refer to week 2)	2 to 3 times per day	Continue with ALL Phase 1 exercises (Refer to week 2)	2 to 3 times per day	Continue with ALL Phase 1 exercises (Refer to week 2)	2 to 3 times per day	Continue with ALL Phase 1 exercises (Refer to week 2)		
			Exercise 2	Sets	2 to 3 sets per day	Quadriceps strengthening Commence with wall squats, straight leg raises, forward lunges initially with no additional weight (refer to detailed ACL guide booklet for instructions) Build towards 20 repetitions per set.	2 to 3 sets per day	Quadriceps strengthening Commence with wall squats, straight leg raises, forward lunges initially with no additional weight (refer to detailed ACL guide booklet for instructions) Build towards 20 repetitions per set.	2 to 3 sets per day	Quadriceps strengthening Commence with wall squats, straight leg raises, forward lunges initially with no additional weight (refer to detailed ACL guide booklet for instructions) Build towards 20 repetitions per set.	2 to 3 sets per day	Quadriceps strengthening Commence with wall squats, straight leg raises, forward lunges initially with no additional weight (refer to detailed ACL guide booklet for instructions) Build towards 20 repetitions per set.		
			Exercise 3	Sets	2 to 3 sets per day	Hamstrings strengthening Hamstring curls should be performed at a rate of 1 every 5 seconds building towards 20 repetitions per set.	2 to 3 sets per day	Hamstrings strengthening Hamstring curls should be performed at a rate of 1 every 5 seconds building towards 20 repetitions per set.	2 to 3 sets per day	Hamstrings strengthening Hamstring curls should be performed at a rate of 1 every 5 seconds building towards 20 repetitions per set.	2 to 3 sets per day	Hamstrings strengthening Hamstring curls should be performed at a rate of 1 every 5 seconds building towards 20 repetitions per set.		
			Exercise 4	Sets			5 to 10 minutes		5 to 10 minutes		5 to 10 minutes			
			Recovery Activity	Sets										
			Recovery Activity	Sets	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling		

Note:

1. The ACL recovery exercises and protocols described above are to be used in conjunction with **regular visits to see your physician**
2. There should be little or no pain associated with ALL the exercises you perform. With all activities and rehabilitation you should be guided by the level of pain and swelling
3. Refer to the ACL Recovery Guide booklet you received for instructions on performing each exercise

Disclaimer – The information provided is to the best of our knowledge, but no warranty as to the accuracy is given and each individual should not act on the basis of its contents whilst interpreting the materials without seeking assistance from a medical or health care professional to apply them to your individual circumstances. The content is for information purposes only. If you have any concerns about your health, consult your general practitioner.

WEEK 4: ACL Surgery Rehabilitation Exercises and Recovery Protocols

Week	Phase	Date:				Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total Weekly Time	Weekly Comments
Week 4	Phase 2		Exercise 1	Sets	2 to 3 times per day	Continue with ALL Phase 1 exercises (Refer to week 2)	2 to 3 times per day	Continue with ALL Phase 1 exercises (Refer to week 2)	2 to 3 times per day	Continue with ALL Phase 1 exercises (Refer to week 2)	2 to 3 times per day	Continue with ALL Phase 1 exercises (Refer to week 2)		
			Exercise 2	Sets	2 to 3 sets per day	Quadriceps strengthening Commence with wall squats, straight leg raises, forward lunges initially with no additional weight (refer to detailed ACL guide booklet for instructions) Build towards 20 repetitions per set.	2 to 3 sets per day	Quadriceps strengthening Commence with wall squats, straight leg raises, forward lunges initially with no additional weight (refer to detailed ACL guide booklet for instructions) Build towards 20 repetitions per set.	2 to 3 sets per day	Quadriceps strengthening Commence with wall squats, straight leg raises, forward lunges initially with no additional weight (refer to detailed ACL guide booklet for instructions) Build towards 20 repetitions per set.	2 to 3 sets per day	Quadriceps strengthening Commence with wall squats, straight leg raises, forward lunges initially with no additional weight (refer to detailed ACL guide booklet for instructions) Build towards 20 repetitions per set.		
			Exercise 3	Sets	2 to 3 sets per day	Hamstrings strengthening Hamstring curls should be performed at a rate of 1 every 5 seconds building towards 20 repetitions per set.	2 to 3 sets per day	Hamstrings strengthening Hamstring curls should be performed at a rate of 1 every 5 seconds building towards 20 repetitions per set.	2 to 3 sets per day	Hamstrings strengthening Hamstring curls should be performed at a rate of 1 every 5 seconds building towards 20 repetitions per set.	2 to 3 sets per day	Hamstrings strengthening Hamstring curls should be performed at a rate of 1 every 5 seconds building towards 20 repetitions per set.		
			Exercise 4	Sets	5 to 10 minutes	You can commence using a stationary bike as soon as you are comfortable (by weeks 3 to 4) Initially begin with the seat elevated and as your flexibility improves you can gradually lower the seat position	5 to 10 minutes	You can commence using a stationary bike as soon as you are comfortable (by weeks 3 to 4) Initially begin with the seat elevated and as your flexibility improves you can gradually lower the seat position	5 to 10 minutes	You can commence using a stationary bike as soon as you are comfortable (by weeks 3 to 4) Initially begin with the seat elevated and as your flexibility improves you can gradually lower the seat position	5 to 10 minutes	You can commence using a stationary bike as soon as you are comfortable (by weeks 3 to 4) Initially begin with the seat elevated and as your flexibility improves you can gradually lower the seat position		
			Recovery Activity	Sets			Refer to ACL booklet	Once your sutures are removed normally after two weeks and the wound has healed light water exercise can begin (consult your physician)	Refer to ACL booklet	Once your sutures are removed normally after two weeks and the wound has healed light water exercise can begin (consult your physician)	Refer to ACL booklet	Once your sutures are removed normally after two weeks and the wound has healed light water exercise can begin (consult your physician)		
			Recovery Activity	Sets	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling		

Note:

1. The ACL recovery exercises and protocols described above are to be used in conjunction with **regular visits to see your physician**
2. There should be little or no pain associated with ALL the exercises you perform. With all activities and rehabilitation you should be guided by the level of pain and swelling
3. Refer to the ACL Recovery Guide booklet you received for instructions on performing each exercise

Disclaimer – The information provided is to the best of our knowledge, but no warranty as to the accuracy is given and each individual should not act on the basis of its contents whilst interpreting the materials without seeking assistance from a medical or health care professional to apply them to your individual circumstances. The content is for information purposes only. If you have any concerns about your health, consult your general practitioner.

WEEK 5: ACL Surgery Rehabilitation Exercises and Recovery Protocols

Week	Phase	Date:			Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total Weekly Time	Weekly Comments
Week 5	Phase 2		Exercise 1	Sets	2 to 3 times per day Continue with ALL Phase 1 exercises (Refer to week 2)	2 to 3 times per day Continue with ALL Phase 1 exercises (Refer to week 2)	2 to 3 times per day Continue with ALL Phase 1 exercises (Refer to week 2)	2 to 3 times per day Continue with ALL Phase 1 exercises (Refer to week 2)	2 to 3 times per day Continue with ALL Phase 1 exercises (Refer to week 2)	2 to 3 times per day Continue with ALL Phase 1 exercises (Refer to week 2)	2 to 3 times per day Continue with ALL Phase 1 exercises (Refer to week 2)		
			Exercise 2	Sets	2 to 3 sets per day Quadriceps strengthening Refer to week 3 instructions	2 to 3 sets per day Quadriceps strengthening Refer to week 3 instructions	2 to 3 sets per day Quadriceps strengthening Refer to week 3 instructions	2 to 3 sets per day Quadriceps strengthening Refer to week 3 instructions	2 to 3 sets per day Quadriceps strengthening Refer to week 3 instructions	2 to 3 sets per day Quadriceps strengthening Refer to week 3 instructions	2 to 3 sets per day Quadriceps strengthening Refer to week 3 instructions		
			Exercise 3	Sets	2 to 3 sets per day Hamstrings strengthening Refer to week 3 instructions	2 to 3 sets per day Hamstrings strengthening Refer to week 3 instructions	2 to 3 sets per day Hamstrings strengthening Refer to week 3 instructions	2 to 3 sets per day Hamstrings strengthening Refer to week 3 instructions	2 to 3 sets per day Hamstrings strengthening Refer to week 3 instructions	2 to 3 sets per day Hamstrings strengthening Refer to week 3 instructions	2 to 3 sets per day Hamstrings strengthening Refer to week 3 instructions		
			Exercise 4	Sets		10 to 15 minutes Stationary bike (light resistance) gradually lower the seat position and when you are comfortable increase the duration		10 to 15 minutes Stationary bike (light resistance) gradually lower the seat position and when you are comfortable increase the duration		10 to 15 minutes Stationary bike (light resistance) gradually lower the seat position and when you are comfortable increase the duration	10 to 15 minutes Stationary bike (light resistance) gradually lower the seat position and when you are comfortable increase the duration		
			Exercise 5	Sets	30+ minutes Water exercises including walking, knee lifts, knee to chest stretches, water jogging where you feel comfortable (see ACL booklet)		30+ minutes Water exercises including walking, knee lifts, knee to chest stretches, water jogging where you feel comfortable (see ACL booklet)		30+ minutes Water exercises including walking, knee lifts, knee to chest stretches, water jogging where you feel comfortable (see ACL booklet)		30+ minutes Water exercises including walking, knee lifts, knee to chest stretches, water jogging where you feel comfortable (see ACL booklet)		
			Recovery Activity	Sets	3 to 4 times per day Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day Stretching Ice/cool knee - Reduce swelling		

Note:

1. The ACL recovery exercises and protocols described above are to be used in conjunction with **regular visits to see your physician**
2. There should be little or no pain associated with ALL the exercises you perform. With all activities and rehabilitation you should be guided by the level of pain and swelling
3. Refer to the ACL Recovery Guide booklet you received for instructions on performing each exercise

Disclaimer – The information provided is to the best of our knowledge, but no warranty as to the accuracy is given and each individual should not act on the basis of its contents whilst interpreting the materials without seeking assistance from a medical or health care professional to apply them to your individual circumstances. The content is for information purposes only. If you have any concerns about your health, consult your general practitioner.

WEEK 6: ACL Surgery Rehabilitation Exercises and Recovery Protocols

Week	Phase	Date															Total Weekly Time	Weekly Comments
Week 6	Phase 2		Exercise 1	Sets	2 to 3 times per day	Continue with ALL Phase 1 exercises (Refer to week 2)	2 to 3 times per day	Continue with ALL Phase 1 exercises (Refer to week 2)	2 to 3 times per day	Continue with ALL Phase 1 exercises (Refer to week 2)	2 to 3 times per day	Continue with ALL Phase 1 exercises (Refer to week 2)	2 to 3 times per day	Continue with ALL Phase 1 exercises (Refer to week 2)	2 to 3 times per day	Continue with ALL Phase 1 exercises (Refer to week 2)		
			Exercise 2	Sets	2 to 3 sets	At 5 to 6 weeks introduce a gym program program 3 times per week for at least 3 to 4 months (talk to your physio) These exercises should be designed for strength, mobility and flexibility of your knee including: • single leg press for both concentric and eccentric movements • half squats using only your body weight (That is do not add any other weights at this early stage) NB: No quadricep curls	2 to 3 sets	At 5 to 6 weeks introduce a gym program program 3 times per week for at least 3 to 4 months (talk to your physio) These exercises should be designed for strength, mobility and flexibility of your knee including: • single leg press for both concentric and eccentric movements • half squats using only your body weight (That is do not add any other weights at this early stage) NB: No quadricep curls	2 to 3 sets	At 5 to 6 weeks introduce a gym program program 3 times per week for at least 3 to 4 months (talk to your physio) These exercises should be designed for strength, mobility and flexibility of your knee including: • single leg press for both concentric and eccentric movements • half squats using only your body weight (That is do not add any other weights at this early stage) NB: No quadricep curls	2 to 3 sets	At 5 to 6 weeks introduce a gym program program 3 times per week for at least 3 to 4 months (talk to your physio) These exercises should be designed for strength, mobility and flexibility of your knee including: • single leg press for both concentric and eccentric movements • half squats using only your body weight (That is do not add any other weights at this early stage) NB: No quadricep curls	2 to 3 sets	At 5 to 6 weeks introduce a gym program program 3 times per week for at least 3 to 4 months (talk to your physio) These exercises should be designed for strength, mobility and flexibility of your knee including: • single leg press for both concentric and eccentric movements • half squats using only your body weight (That is do not add any other weights at this early stage) NB: No quadricep curls	2 to 3 sets	At 5 to 6 weeks introduce a gym program program 3 times per week for at least 3 to 4 months (talk to your physio) These exercises should be designed for strength, mobility and flexibility of your knee including: • single leg press for both concentric and eccentric movements • half squats using only your body weight (That is do not add any other weights at this early stage) NB: No quadricep curls		
			Exercise 3	Sets	20 to 25 minutes		20 to 25 minutes	Stationary bike - look to increase resistance		20 to 25 minutes	Stationary bike - look to increase resistance		20 to 25 minutes	Stationary bike - look to increase resistance		20 to 25 minutes		
			Exercise 4	Sets	30+ minutes		30+ minutes	Water exercises including walking, knee lifts, knee to chest stretches, water jogging where you feel comfortable (see ACL booklet)		30+ minutes	Water exercises including walking, knee lifts, knee to chest stretches, water jogging where you feel comfortable (see ACL booklet)		30+ minutes	Water exercises including walking, knee lifts, knee to chest stretches, water jogging where you feel comfortable (see ACL booklet)		30+ minutes		
			Recovery Activity	Sets	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling		

Note:

1. The ACL recovery exercises and protocols described above are to be used in conjunction with **regular visits to see your physician**
2. There should be little or no pain associated with ALL the exercises you perform. With all activities and rehabilitation you should be guided by the level of pain and swelling
3. Refer to the ACL Recovery Guide booklet you received for instructions on performing each exercise

Disclaimer – The information provided is to the best of our knowledge, but no warranty as to the accuracy is given and each individual should not act on the basis of its contents whilst interpreting the materials without seeking assistance from a medical or health care professional to apply them to your individual circumstances. The content is for information purposes only. If you have any concerns about your health, consult your general practitioner.

WEEK 7 to 12: ACL Surgery Rehabilitation Exercises and Recovery Protocols

																				Total Weekly Time		Weekly Comments																				
				Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7																										
Date	Phase	Week		Sets	2 to 3 times per day	2 to 3 times per day	2 to 3 times per day	2 to 3 times per day	2 to 3 times per day	2 to 3 times per day	2 to 3 times per day	2 to 3 times per day	2 to 3 times per day	2 to 3 times per day	2 to 3 times per day	2 to 3 times per day	2 to 3 times per day																									
Phase 2																						Exercise 1			Continue with ALL Phase 1 exercises (Refer to week 2)		Continue with ALL Phase 1 exercises (Refer to week 2)		Continue with ALL Phase 1 exercises (Refer to week 2)		Continue with ALL Phase 1 exercises (Refer to week 2)		Continue with ALL Phase 1 exercises (Refer to week 2)		Continue with ALL Phase 1 exercises (Refer to week 2)		Continue with ALL Phase 1 exercises (Refer to week 2)					
																						Exercise 2	Sets	2 to 3 sets	Gym program program 3 times per week - talk to your physio about progressively loading your program These exercises should be designed for strength, mobility, and flexibility (refer to week 6 exercises) Also incorporate exercises to improve balance such as shallow squas and arabesque exercises (see ACL booklet)				2 to 3 sets	Gym program program 3 times per week - talk to your physio about progressively loading your program These exercises should be designed for strength, mobility, and flexibility (refer to week 6 exercises) Also incorporate exercises to improve balance such as shallow squas and arabesque exercises (see ACL booklet)				2 to 3 sets	Gym program program 3 times per week - talk to your physio about progressively loading your program These exercises should be designed for strength, mobility, and flexibility (refer to week 6 exercises) Also incorporate exercises to improve balance such as shallow squas and arabesque exercises (see ACL booklet)							
																						Exercise 3	Sets	20 to 25 minutes		20 to 25 minutes	Continue with Stationary bike - Increase resistance and duration			20 to 25 minutes	Continue with Stationary bike - Increase resistance and duration			20 to 25 minutes	Continue with Stationary bike - Increase resistance and duration		20 to 25 minutes	Continue with Stationary bike - Increase resistance and duration				
																						Exercise 4		Build to 10 minutes	At 8 weeks try jogging stationary on a mini-trampoline with the view to progressing to running at approximately 10 to 12 weeks				Build to 10 minutes	At 8 weeks try jogging stationary on a mini-trampoline with the view to progressing to running at approximately 10 to 12 weeks				Build to 10 minutes	At 8 weeks try jogging stationary on a mini-trampoline with the view to progressing to running at approximately 10 to 12 weeks							
																						Exercise 5	Sets			30+ minutes	Water exercises based on weeks 5 & 6. Progressively increase the duration. No kicking until at least week 8.			30+ minutes	Water exercises based on weeks 5 & 6. Progressively increase the duration. No kicking until at least week 8.			30+ minutes	Water exercises based on weeks 5 & 6. Progressively increase the duration. No kicking until at least week 8.		30+ minutes	Water exercises based on weeks 5 & 6. Progressively increase the duration. No kicking until at least week 8.				
																									Sets	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling	3 to 4 times per day	Stretching Ice/cool knee - Reduce swelling			
																						Recovery Activity	Sets																			
																						Week 7 to 12																				

Note:

1. The ACL recovery exercises and protocols described above are to be used in conjunction with **regular visits to see your physician**
2. There should be little or no pain associated with ALL the exercises you perform. With all activities and rehabilitation you should be guided by the level of pain and swelling
3. Refer to the ACL Recovery Guide booklet you received for instructions on performing each exercise

Disclaimer – The information provided is to the best of our knowledge, but no warranty as to the accuracy is given and each individual should not act on the basis of its contents whilst interpreting the materials without seeking assistance from a medical or health care professional to apply them to your individual circumstances. The content is for information purposes only. If you have any concerns about your health, consult your general practitioner.