

## **ACL Reconstruction Post-Operative Time Line**

1. Immediately after surgery your leg will be in an immobilizer. You will be on crutches but you will be able to bear weight as tolerated with the crutches.
2. The first post-op appointment will be at one week after surgery. At this time, the immobilizer will be unlocked to give you an unrestricted range of motion. (May be restricted if you have a meniscal repair in addition to the ACL reconstruction.) You will be given a prescription for physical therapy.
3. The second post-op appointment will be 3 weeks after the last appointment. At this time you will be given a new brace. We will take away one crutch and you will be given another prescription for physical therapy. You will use one crutch for approximately 7-10 days until you are comfortable walking without the crutches.
4. The third post-op appointment will occur one month after the last appointment. Range of motion and strength will be assessed and you will get another prescription for physical therapy.
5. The fourth post-op appointment will be at one month after the last appointment. During this time you will be given the green light to begin light jogging.
6. The fifth post-op appointment will be 6 weeks after the last appointment. Again, range of motion, strength and stability will be assessed.
7. Your final post-op appointment will be at 6 months from the surgery. During this time, your strength, range of motion, stability and function will be assessed. Usually at 6 months the patient is given clearance to participate in activity without restrictions to the ability that the knee will allow.
8. We will work with the physical therapist to assure you an appropriate and timely recovery.