

ACL Surgery



RECOVERY PROGRESSION

- **Outpatient surgery** (go home the same day), Surgery time 1- 1 ½ hours
- **Brace** for 2-3 weeks, 6 weeks if meniscus is repaired
- **Physical Therapy** -1-2x week for approximately 3 months
- **Restrictions-**
 - School or Office- 1-2 weeks
 - Doing most activities of daily living – 6 weeks
 - Inline sports/hiking/light jogging –
 - 3-4 months if no meniscus repair
 - 4-5 months if meniscus repair
 - Full Sports and activities – 9-12 months
- **Postoperative Visits-**
 - 2 weeks- sutures out and review surgery
 - 6 weeks- x-ray and measure for sport brace
 - 3 months- ensure full range of motion and normal walking
 - 9 months or as needed- ensure return to full sport