

Early Post-Op Goals following ACL Surgery

DR. CATHERINE LOGAN, MD

EARLY RECOVERY

0-2 Weeks

Goal 1: Wound care
Keep your incisions clean and dry. Use the waterproof dressings as directed.

Goal 2: Range of motion
Full extension (straightening) to at least 90 degrees of flexion (bending)

EARLY RECOVERY

0-6 Weeks

Goal 1: Range of motion
Full extension to at least 125 of flexion

Goal 2: Strength
Able to do 3 sets of 10 reps, Straight leg raise without lag

BRACING

0-2 Weeks

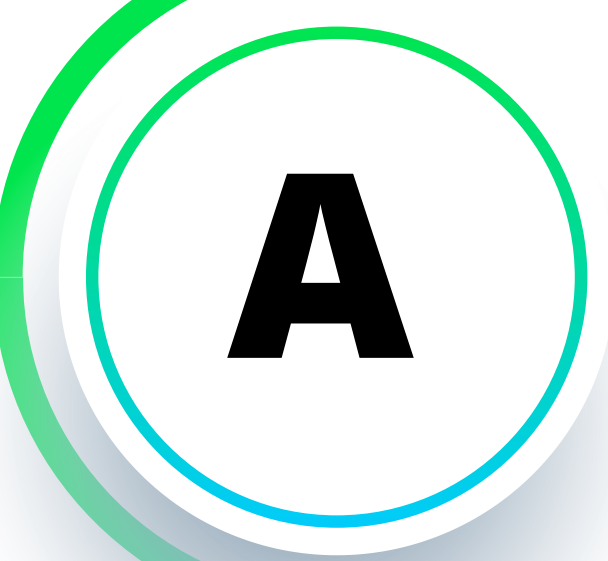
The brace should remain locked in extension at all times except for bathing and during PT/home exercises.
Sleep with the brace locked in extension.

BRACING

2-6 Weeks

At your 2-week follow-up, your brace will likely be opened to 30 degrees of flexion for walking.

The brace should be locked in extension while sleeping at night through weeks 0 to 4 after surgery.



A



C



L



R