YOUR ACL JOURNEY GUIDE: REHAB EXPLAINED

This guide does not replace medical advice.

All rehab journeys should be individualised. Please use this guide with your rehab professional.



Working hard on your rehabilitation is key to a good outcome, regardless whether you have had surgery or not.



Your rehab program should be:

- ✓ Specific to your needs
- ✓ Criteria driven
- ✓ Variable (take rest days and weeks)
- ✓ Social and enjoyable

1 Gather your team



2 Immediately begin rehabilitation



3 Shared treatment decision





Early stage

Aim to:

- ✓ Eliminate swelling
- ✓ Return full knee motion
- ✓ Normalise daily movement
- ✓ Start strengthening



Mid stage

Aim to:

- ✓ Build leg strength
- ✓ Regain balance
- ✓ Return to running



Final stage

Aim to optimise:

- ✓ Strength
- ✓ Landing performance
- ✓ Hopping performance
- ✓ Change of direction
- ✓ Agility

Return To Play Decision

Many people do not return to play at the same level of sport. Stop and consider these things:



- ? **Do you feel confident and ready to return?**
- ? **Have you cleared all rehab criteria?**
- ? **Have you passed a testing battery?**

High quality rehabilitation alone



you may return to sport sooner than 9 months

Surgery

After surgery, wait 9-24 months.

Evidence suggests you have lower risk of re-injury by waiting 9 months or more until you return to competitive sport

Ongoing Injury Risk Reduction

- ✓ Strengthening
- ✓ Practise landing and absorbing force
- ✓ Practise changing direction
- ✓ Practise agility

2x or more per week



Please access the **accompanying blog** for a full reference list and more information on your ACL journey.

@CGleadhill

@DrChrisBarton

BJSM APPROVED

THE UNIVERSITY OF NEWCASTLE AUSTRALIA

TREK