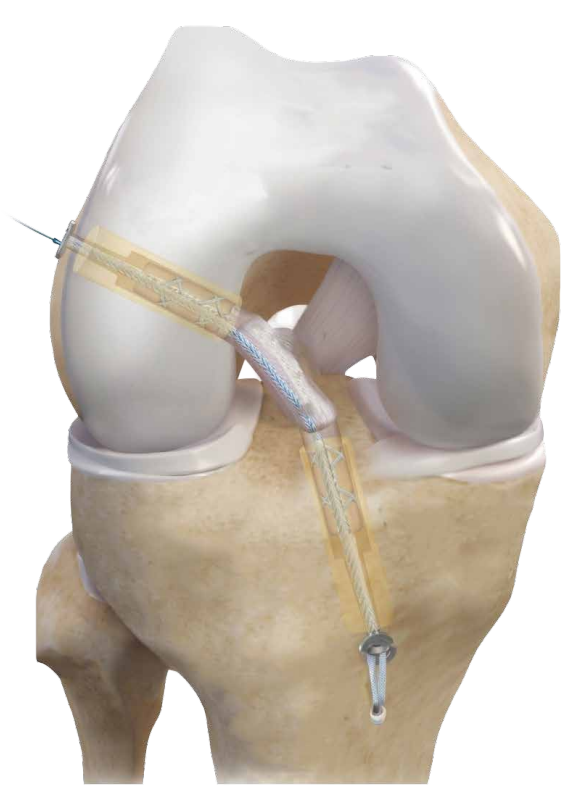
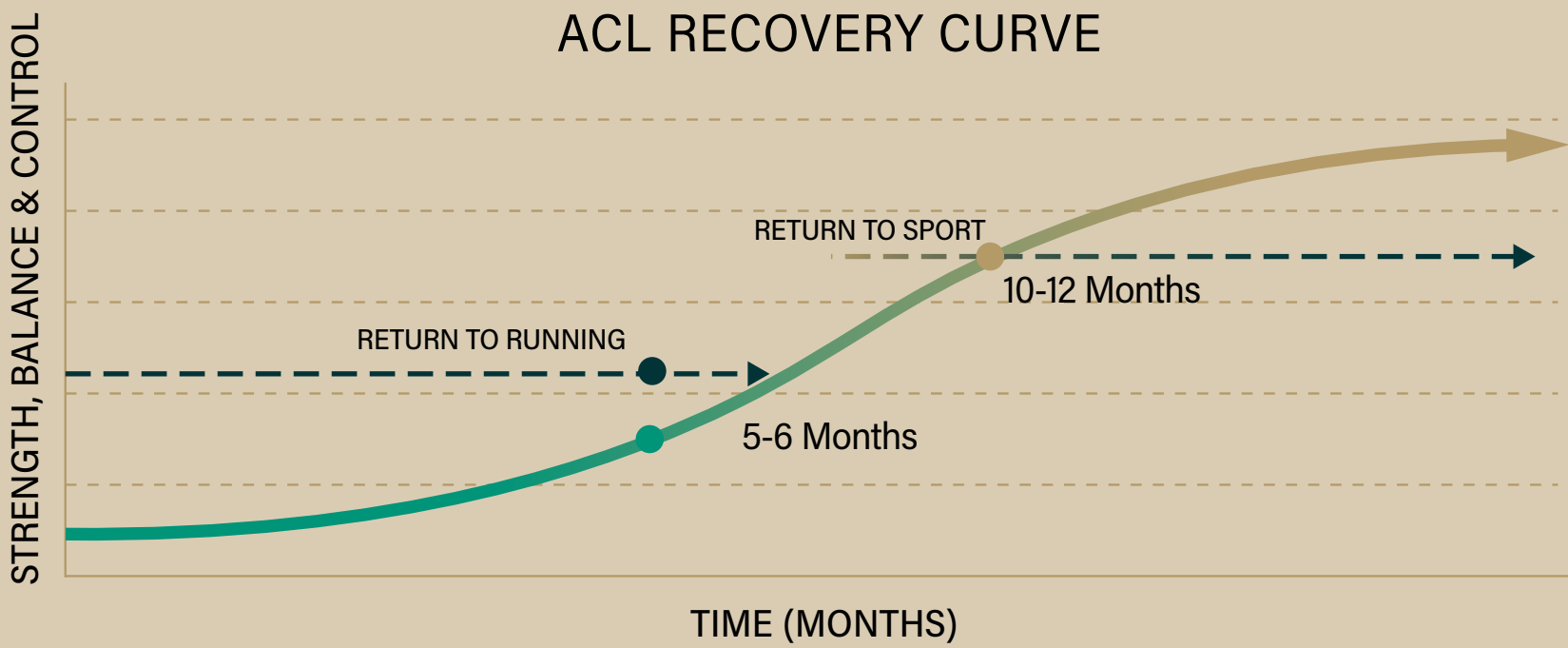


SportsHealing™ ACL Recovery Pathway™

Surgical Precision ▪ Physiotherapy Excellence ▪ Performance Optimisation with OmKneeHealth™ Support



Recovery is based on ▪ STRENGTH, CONTROL & CONFIDENCE - not time



PHASE 0: PREPARE FOR SURGERY PREHABILITATION

KEY CRITERIA

- ✓ FULL RANGE OF MOTION
- ✓ QUAD STRENGTH > 90%
- ✓ SWELLING REDUCED
- ✓ HAMSTRING RELAXED

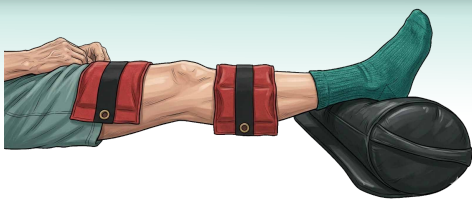


Gentle cycling and swimming
Single-leg balance (as tolerated)

PHASE 1: PROTECT & ACTIVATE 0 - 2 WEEKS

ENTRY CRITERIA

- ✓ NO EFFUSION
- ✓ FULL EXTENSION
- ✓ SLR WITHOUT LAG



Ice and compression to reduce swelling
Achieve full knee extension, activate quads

PHASE 2: RESTORE MOVEMENT 2-6 WEEKS

ENTRY CRITERIA

- ✓ NORMAL GAIT
- ✓ ROM ≥ 120°
- ✓ GOOD BALANCE



Manage swelling, normalise walking,
improve knee bending. Begin strengthening

PHASE 3: STRENGTH & CONTROL 6 - 12 WEEKS

ENTRY CRITERIA

- ✓ QUADS ≥ 75%
- ✓ SINGLE LEG SQUAT
- ✓ NEUROMUSCULAR CONTROL



Build strength and confidence through
gym-based, glute and single leg exercises.

PHASE 4: IMPACT & RUNNING 16 - 14 WEEKS

ENTRY CRITERIA

- ✓ NO SWELLING
- ✓ FULL ROM
- ✓ NEUROMUSCULAR CONTROL
- ✓ GOOD LANDING MECHANICS



Start with hops, ensure you are landing well
before running, usually not before 5/6 months.

PHASE 5: AGILITY & POWER 5 - 8 MONTHS

ENTRY CRITERIA

- ✓ STRENGTH ≥ 80-85%
- ✓ GOOD LANDING & DECELERATION
- ✓ NO DYNAMIC VALGUS



Plyometric jumps, jumps, landing and
directional changes.

PHASE 6: RETURN TO SPORT TABLE 10-12 MONTHS

Sport-specific pivoting,
deceleration & landing
drills. Non Contact

Non contact training.
Full sprint speeds,
deceleration and
pivoting

Contact
Training

Competitive game
10-12mins ≥35% low
frequency per week

Full competitive game
low frequency per
week

Return to Sport

LOAD PROGRESSION GUIDE: ✓ PAIN ≤3/10 DURING EXERCISE ✓ NO SWELLING NEXT DAY ✓ PROGRESS WEEKLY