

# A

# C



# Z

# **ACL Recovery**

**It's Not Healing**

**It's a Comeback Story!!!**



**An ACL tear is not just a ruptured ligament – it's a moment that can bring a lifestyle, a career, or even an individual's feeling of freedom to a halt. But the truth is: recovery isn't the end of the story... it's the start of something bigger.**

**Recovery from an ACL injury is not just about exercises.**

**It's a beautiful blend of patience, self-control, and smart decision. The surgery fixes the tissue, but the brain? That must be rebuilt as well – rebuilt faith in your knee, in your movement, in yourself.**

**Each two recoveries are unique.**

**Some heal in 6 months. Others take a year or more. The difference? It's not just time. It's quality. The quality of your rehab, your sleep, your food, your mental support.**

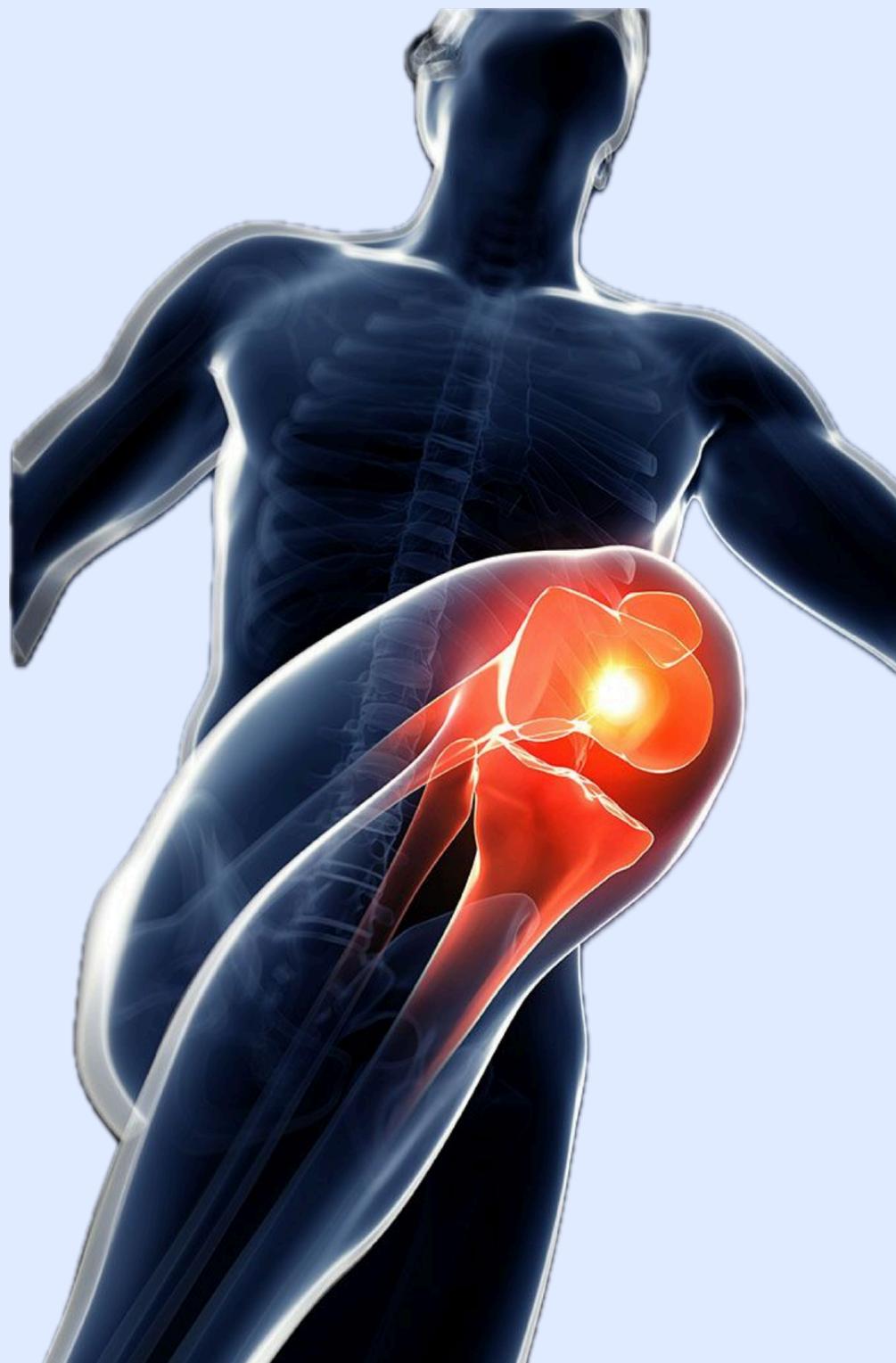
**The gym isn't the destination – it's the tool.**

**The part nobody talks about:**

**An ACL injury teaches you that real strength isn't in the muscles – it's in the manner in which you rise after you fall. Because the comeback? It's not merely possible – it can be stronger than the original you.**

# **Causes of ACL Injury**

- 1. Sudden Change in Direction  
(Cutting or Pivoting)**
- 2. Bad Landing from a Jump**
- 3. Sudden Stop or Deceleration**
- 4. Direct Knee Blow**
- 5. Weak or Unbalanced Muscles**
- 6. Poor Movement Mechanics**
- 7. Fatigue**
- 8. Hormonal Factors (in Females)**
- 9. Previous  
ACL Injury or  
Inadequate  
Rehab**

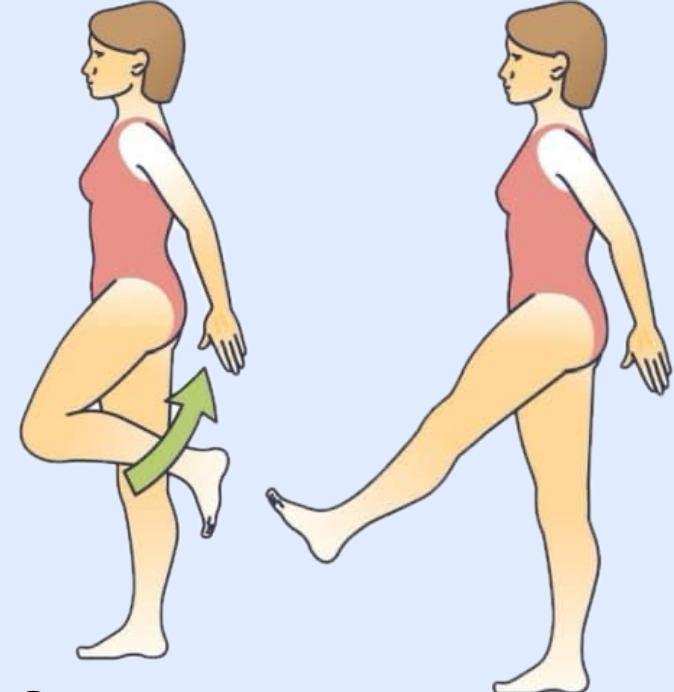


# **ACL Recovery**

**HEALING DEMANDS STRATEGY, NOT LUCK  
SO LET'S MAP OUT THE STAGES CLEARLY.**

**Post Acl surgery -3 phases :**

**Phase 1 goals :**



**1-ROM Flexion/extension**

**2-Edema/swelling reduction**



**3-Pain reduction**

**4-scar tissue massage**

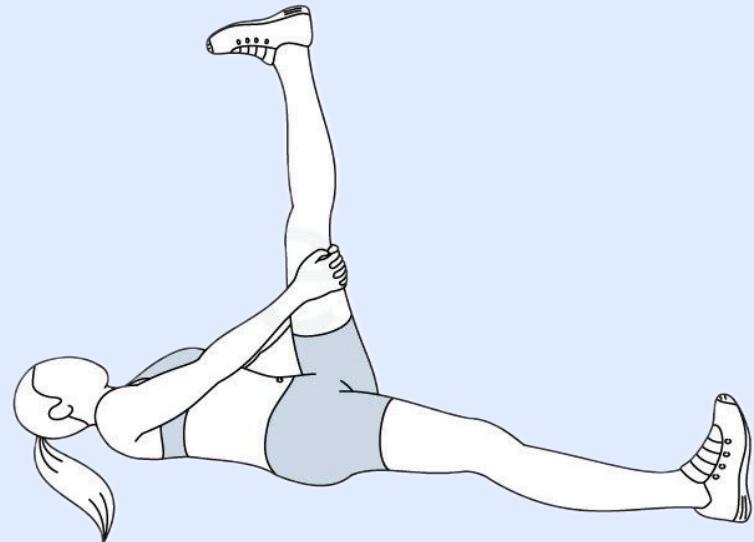
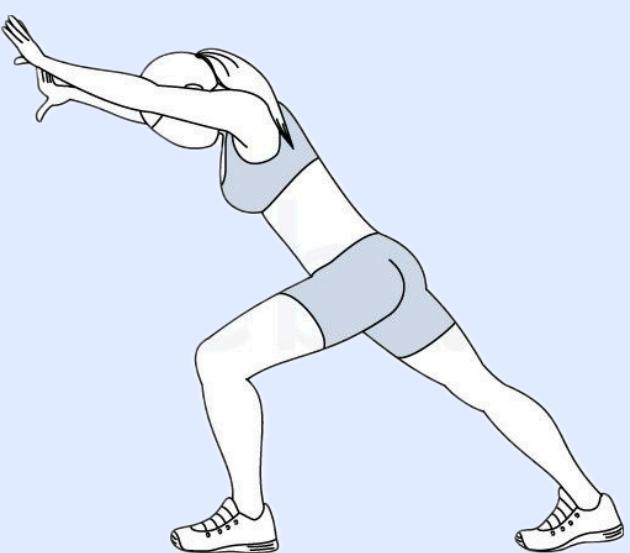
**5- Gait training - removal of sticks**

**6- Anatomical adaptation for  
muscles (noticeable muscle borders**

# **Phase 2:**

**1-Strengthening**

**quads/hams/glutes/calf**



**2-Endurance**

**3-Enhance neuromuscular control and joint stability**

**4-Closed kinetic exercises**



**5-Initial running**

**6-Prepare for more advanced functional and sport-specific activities**

**7- Continue using PEACE and LOVE if needed**

**8- Manual therapy techniques**

**9-Maintain knee extension and improve flexion**

# **Phase 3:**

**1-Propriocetion and neuromuscular training**



**2-Jumping**



**3-Running**

**4-Footwork**

**5-Training the muscles to perform in the suitable action according to the patient's Sport he's returning to**

