JAYAM
JOINT PRESERVATION CENTRE

ACL-R REHAB PROGRAMME



PHASE II REHAB GUIDELINES

POST OP CARE

Essential steps in the first few days after surgery to reduce pain, protect your knee, and begin healing.

02 PHASE II

Improve knee range of motion, begin basic strengthening, and restore a normal walking pattern.

04 PHASE IV

Advance to sport-specific training, agility drills, and prepare for return to sports.

PHASE I

Focus on pain control, swelling reduction, and starting gentle movement to restore knee extension.

01

PHASE III

Advance strength, balance, and coordination to prepare for more dynamic movement.

03

ON YOUR TRACK TO RECOVERY

PHASE II REHAB GUIDELINES

- Phase 2 rehab focuses on regaining full knee motion, improving strength, and working on balance and control.
- This stage usually begins around 2 weeks after surgery and continues until 6 weeks, depending on your progress.
- Remember progress is based on what you can do, not just the number of days.

WHEN TO START

YOU BEGIN THE SECOND PHASE OF YOUR ACL REHABILITATION WHEN

- ✅ YOU CAN ALMOST FULLY STRAIGHTEN YOUR KNEE
- ✅ YOU CAN BEND YOUR KNEE TO AT LEAST 90 DEGREES
- ✅ YOUR QUAD MUSCLE IS STRONG AND DO STRAIGHT LEG RAISES EASILY

GOALS

- 🎯 PROGRESS YOUR KNEE TO FULL RANGE OF MOTION.
- 🎯 CONTINUE TO IMPROVE MUSCLE STRENGTH
- 🎯 RETURN TO BASIC DAILY ACTIVITIES COMFORTABLY

WALK AIDS

USE FUNCTIONAL BRACE WHILE WALKING

WEIGHT BEARING WITHOUT CRUTCHES ONCE YOU FEEL COMFORTABLE

- In Phase 2 ACL rehabilitation, you should continue doing all five basic strengthening exercises from Phase 1 every day to maintain and build your foundation.

PHASE I STRENGTHENING EXERCISES

1. QUAD SET
2. STRAIGHT LEG RAISE
3. PRONE HAMSTRING
4. PRONE HIP EXTENSION
5. SIDE HIP ABDUCTION

- Along with these, add the following next-level strengthening exercises to further improve your muscle strength, balance, and knee control.

PHASE II STRENGTHENING EXERCISES

1. STANDING KNEE EXTENSION

Standing terminal knee extension improves quadriceps strength and walking. You'll need an resistance band and stable item to hold the band.



- Attach a resistance band behind your operative knee, securing it to a stable object
- Start with your knee slightly bent, foot flat on the floor.
- Tighten your thigh (quad) muscle to straighten your knee
- Slowly return to the starting position.

Repeat 5 times, 2 times a day.

PHASE II STRENGTHENING EXERCISES

2.STANDING HIP FLEXION WITH RESISTANCE

Standing hip flexion challenges your single-leg stability on the stationary leg and the strength of your hip flexors and quadriceps of your moving leg.



- Tie a resistance band around a sturdy object (like a table leg).
- Place operated leg ankle inside the loop
- Lift your leg forward without bending your knee
- Return slowly to the starting position.

Repeat 5 times, 2 times a day.

3.STANDING HIP EXTENSION WITH RESISTANCE

Single-leg standing hip extensions challenge the stability of your stationary leg and the strength of the hip extensors of your moving leg.



- Tie a resistance band around a sturdy object (like a table leg).
- Place operated leg ankle inside the loop
- Lift your leg backwards without bending your knee
- Return slowly to the starting position.

Repeat 5 times, 2 times a day.

PHASE II STRENGTHENING EXERCISES

4.STANDING HIP ABDUCTION WITH RESISTANCE

Standing single-leg hip abduction challenges your stability and hip strength on the stationary leg and the strength of your hip abductors of the moving leg.



- This exercise strengthens the hip extensors
- Tie a resistance band around a sturdy object (like a table leg).
- Place operated leg ankle inside the loop
- Lift your leg outwards without bending your knee
- Return slowly to the starting position.

Repeat 5 times, 2 times a day.

5.DOUBLE-LEG QUARTER WALL SQUATS

Double-leg quarter squats provide an important transition to strengthen further your quadriceps, gluteal muscles and hamstrings.



- Stand with your back against a wall, feet shoulder-width apart and slightly in front of you.
- Slowly slide down the wall until your knees are bent to about 45 degrees.
- Hold for 5 seconds, then slowly return to standing.
- As you get stronger, progress to 90 degrees knee bend gradually.

Repeat 5 times, 2 times a day.

PHASE II STRENGTHENING EXERCISES

6.DOUBLE-LEG HEEL RAISES

This exercise will strengthen your calves. This improves your ability to walk, jump and later in your rehab, run.



- Stand tall with your feet shoulder-width apart. Hold onto a table or wall for balance.
- Slowly lift your heels over 2 seconds to rise up on your toes.
- Hold for 2–3 seconds at the top.
- Lower back down slowly over 4 seconds.

Repeat 5 times, 2 times a day.

7.SIDE STEP UP

This exercise develops strength and stability. This is key for developing base lateral movement skill.



- Stand sideways next to a low step or block.with your surgery leg closest to the step.
- Place your surgery leg on the step.
- Push through your heel to lift your body up onto the step.
- Bring your non-surgery leg up, just tapping it on the step (don't shift your weight).
- Slowly lower back down, keeping control and using your surgery leg

Repeat 5 times, 2 times a day.

PHASE II STRENGTHENING EXERCISES

8.PELVIC BRIDGING



- Lie on your back with your hands by your sides.
- Bend your knees and lift your hips up until your body is straight from shoulders to knees.
- Hold for a two seconds, then slowly lower down.

Repeat 5 times, 2 times a day.

🔑 RECOVERY TIPS FOR BEST RESULTS

- Do the exercises regularly and consistently every day.
- Don’t skip — small daily effort leads to big recovery.
- Use the QR code provided to watch video demonstrations of each exercise.



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PHASE II REHAB FOLLOWUP

DAY 1 ☐	DAY 2 ☐	DAY 3 ☐	DAY 4 ☐	DAY 5 ☐	DAY 6 ☐
DAY 7 ☐	DAY 8 ☐	DAY 9 ☐	DAY 10 ☐	DAY 11 ☐	DAY 12 ☐
DAY 13 ☐	DAY 14 ☐	DAY 15 ☐	DAY 16 ☐	DAY 17 ☐	DAY 18 ☐
DAY 19 ☐	DAY 20 ☐	DAY 21 ☐	DAY 22 ☐	DAY 23 ☐	DAY 24 ☐
DAY 25 ☐	DAY 26 ☐	DAY 27 ☐	DAY 28 ☐	DAY 29 ☐	DAY 30 ☐

NEXT REVIEW DATE ON .....