JAYAM
JOINT PRESERVATION CENTRE

ACL-R REHAB PROGRAMME



PHASE III REHAB GUIDELINES

POST OP CARE

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

PHASE I

01

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

PHASE II

02

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

PHASE III

03

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

PHASE IV

04

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

ON YOUR TRACK TO RECOVERY

PHASE II REHAB GUIDELINES

- Phase 3 of ACL rehab focuses on improving knee strength, balance and control, gradually reintroducing higher-level activities such as light jumping and sport-specific drills, while ensuring proper movement mechanics and knee stability.

- This stage usually begins around around 6 weeks after surgery and continues up to 12 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

- ACHIEVED FULL RANGE OF MOTION OF OPERATED LEG
- YOU CAN DO EVERYDAY ACTIVITIES WITHOUT LIMPING
- YOU CAN DO DOUBLE LEG SQUAT TO ABOUT 60 DEGREES WITH GOOD FORM.

GOALS

- MAINTAIN FULL RANGE OF MOTION
- CONTINUE BUILDING STRENGTH IN THE OPERATED LEG.
- SINGLE-LEG BALANCE AND CONTROL.
- BEGIN PLYOMETRIC ACTIVITIES SUCH AS SINGLE- AND DOUBLE-LEG HOPPING WITH PROPER FORM.

WALK AIDS

NORMAL WALKING WITHOUT ANY WALKING AID

FUNCTIONAL BRACE IF NEEDED

- In Phase 2 ACL rehabilitation, you should continue doing the strengthening exercises from Phase 2 on alternate days to maintain and build your foundation.

PHASE II STRENGTHENING EXERCISES

1. STANDING KNEE EXTENSION
2. STANDING HIP FLEXION WITH RESISTANCE
3. STANDING HIP EXTENSION WITH RESISTANCE
4. STANDING HIP ABDUCTION WITH RESISTANCE
5. DOUBLE LEG HEEL RAISES WITH SUPPORT
6. SIDE STEP UP

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

PHASE III STRENGTHENING EXERCISES

1.DOUBLE-LEG QUARTER 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 III STRENGTHENING EXERCISES

2.SINGLE LEG QUARTER SQUATS WITH SUPPORT

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.SINGLE-LEG HEEL RAISES WITH SUPPORT

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.

PHASE III STRENGTHENING EXERCISES

4.STANDING ANTERIOR REACH

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.STANDING HIP HINGE

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 III STRENGTHENING EXERCISES

6.FRONT STEP UPS

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.

CORE STRENGTHENING EXERCISE

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 .....