

Anterior Cruciate Ligament Reconstruction Return to Activities Guideline

Subject to change per Surgeon's Approval and Individual Patient Circumstance
 (i.e. additional injury to meniscus, cartilage or other ligaments)

1-2 Months Post Op

Activity	Month	Guideline
Stationary Bike	ASAP	Needs 110 Degrees of Flexion
Elliptical	2 Weeks	
Rowing – Stationary	2 Weeks	
Stair Machine	2 Weeks	
Road Bike	1 Month	Without Cleats, Ok to Use Loose Toe Straps
Swimming – Flutter Kick	1 Month	
Pilates	1-2 Months	
Scuba/Snorkel	1-2 Months	Without Fins
Float Tube - Fishing	2 Months	
Rowing – Shell	2 Months	
Water Aerobics	2 Months	
Flat Water Canoe	2 Months	Only if Experienced – Careful of Put-Ins and Take Outs

3-4 Months Post Op

Activity	Month	Guideline
Low Impact Aerobics	3 Months	
Backpacking	3 Months	No Steep Descents until 6 Months
Bowling	3 Months	
Cross Country Skiing – Classic	3 Months	If Experienced
Fishing – Wading	3 Months	
Golf	3 Months	Without Cleats
Hike	3 Months	No Steep Descents until 5 Months
Ping Pong	3 Months	
Roller Ski	3 Months	If Experienced
Swimming – Breaststroke	3 Months	
Yoga	3 Months	If Single Leg Balance is Good
HIIT	4 Months	Inline Only
Soccer- Juggling	4 Months	Controlled Juggling in Box – As per ATC/PT Direction
Horseback Ride	3-4 Months	
Hunting	3-5 Months	Depends on Terrain
Body Pump	4 Months	In-Line Movements Only
Barre	4 Months	
Jump Rope	4 Months	
Motorcycle Riding	4 Months	
Rock Climb – From Top Rope	4 Months	
Weightlifting	4 Months	Refers to Training for Heavy Competition
Cross Country Skiing – Skating	4 Months	

5-6 Months Post Op

Activity	Month	Guideline
HIIT - Agility	5-6 Months	
Agility Training	5 Months	Depending on Biodex Test
White Water Raft	5 Months	
Rock Climbing	5 Months	
Running	5-6 Months	Start with Pre-Running
Canoe – Whitewater	6 Months	If Experienced – Be Careful with Put-Ins and Take-Outs
Kayak	3 Months	Be Careful with Put-Ins and Take Outs
Mountain Bike	4-5 Months	Without Cleats – OK to Use Loose Toe Straps
Cycling – Spinning	5 Months	Out of Saddle
Fencing	5 Months	
Windsurfing	5 Months	
Wake Surf	5-6 Months	
Hunting	3-5 Months	Depends on Terrain
Jet Ski	6 Months	
Surfing	6 Months	
Cross-Fit	6-7 Months	
Throwing	5-6 Months	
Ice Skate	6-7 Months	
Snowshoe	6-8 Months	
Throwing	6-8 Months	Lead Leg - Mound

7-8 Months Post Op

Activity	Month	Guideline
Alpine Skiing	7 Months	Experienced Skier Packed Runs/Get Bindings Checked/Take Lesson
Badminton	8 Months	
Baseball/Softball	8 Months	
Cross Fit	6-7 Months	
Dance – Modern	7 Months	
Dance – Swing	7 Months	
Dance – Ballet	7 Months	
Skateboard	7 Months	
Snowboard	7 Months	If Experienced
Wakeboard	7 Months	
Zumba	7 Months	
Waterski/Knee Board	8 Months	
Sport Specific Skills	7-8 Months	Begin with general Sports Drills. Progress to Offensive then Defensive Drills
Telemark Skiing	7 Months	If at Least Intermediate Ability
Handball	8 Months	
Hockey	8 Months	
Racquetball	8 Months	
Tennis/Pickleball	8 Months	Begin with Doubles, Work into Singles

9-12 Months Post Op

Activity	Month	Guideline
Basketball	9-12 Months	
Boxing	9 Months	
Football	9-12 Months	
Gymnastics	9-12 Months	
Hangliding	9 Months	
Lacrosse	9 Months	
Motocross	9 Months	
Motorcycle Riding	9 Months	
Rodeo	9 Months	If Experienced
Rugby	9 Months	
Skydive	9 Months	
Slackline	9 Months	
Sledding	9 Months	
Snowmobile	9-12 Months	
Soccer	9-12 Months	
Trampoline	9 Months	
Ultimate Frisbee	9 Months	
Volleyball	9 Months	
Wrestling	9 Months	