

KNEEO ACL REHAB PROGRAMME

**POST OP REHAB DAY 1
IMMEDIATELY AFTER SURGERY**



**ACL REHAB PHASE 1:
WEEK 0 TO END OF WEEK 2**



**ACL REHAB EARLY PHASE 2:
WEEK 3 TO END OF WEEK 4**



**ACL REHAB LATE PHASE 2:
WEEK 5**



**ACL REHAB PHASE 3:
WEEK 6 ONWARDS**



Bade Accident & Multispeciality Hospital,
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