



IDAHO SPORTS MEDICINE INSTITUTE™

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**SCHEDULE FOR RETURN TO ACTIVITIES  
 FOLLOWING ACL RECONSTRUCTION  
 (LIST IS A GUIDE ONLY, ALL ACTIVITIES ARE SUBJECT TO SURGEON  
 APPROVAL BASED ON SPECIFIC CIRCUMSTANCES OF EACH PATIENT)**

ACTIVITY	MONTH	COMMENTS
AEROBICS	5	
LOW IMPACT AEROBICS	3	
STEP AEROBICS	4	
WATER AEROBICS	2	
ALPINE SKIING	7	Experienced skier / packed runs / get bindings checked / take lesson
AGILITY TRAINING	5	
BACKPACKING	3	No steep descents until 6 months
BADMINTON	8	
BASEBALL / SOFTBALL	8	
BASKETBALL	9	
BODY PUMP	4	NO JUMPS
BOWLING	3	
BOXING	9	
CANOE - Flatwater	2	If experienced and be careful with put-ins and take-outs.
-Whitewater	3	
X-C SKIING – Classic	3	If experienced
- Skating	4	
CROSS FIT	6-7	
CYCLING – Stationary	ASAP	Requires about 110 degrees of flexion
– Road	1	Without cleats, ok to use loose toe straps
– Mountain trails	3	Without cleats, ok to use loose toe straps
– Spinning	5	OUT of Saddle
DANCE – Modern	7	No jumps until 9 months post-op for all types of dance
–Swing	7	
- Barre	4	
- Ballet	7	
ELLIPTICAL MACHINE	2 wks	
FENCING	5	
FISHING- Float tube	2	
– Wading	2	
FOOTBALL	9	
FRISBEE GOLF	2-3	
GOLF – Without cleats	2	
– With cleats	5	
GYMNASTICS	9	
HANDBALL	8	
HANG GLIDING	9	
HIKE	3	No steep descents until 5 months
HOCKEY	6	