



IDAHO SPORTS MEDICINE INSTITUTE™

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**SCHEDULE FOR RETURN TO ACTIVITIES
 FOLLOWING ACL RECONSTRUCTION**

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	9	
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	
HORSEBACK RIDING	3	
HUNTING	3 to 5	Depends on terrain
JET SKI	3	
JUMP ROPE	3	

ICE SKATE	3	
KAYAK	3	Be careful with put-ins and take-outs
LACROSSE	9	
MARTIAL ARTS	9	
MOTOGROSS	9	
MOTORCYCLE RIDING	2	
NORDIC TRACK	2wks	
PILATES	1-2	
PING PONG	5	
RACQUETBALL	8	
ROPE CLIMBING	5	
FROM TOP ROPE	4	
RODEO	9	If experienced
ROLLER SKI	3	If experienced
ROWING – Shell	2	
- Stationary	2 wks	
RUGBY	9	
RUNNING - Flats	3	Begin with walk-jog intervals
Downhill	5	
Sprints	4	
Uphill	3	Walk downhill portion or use treadmill
SCUBA / SNORKEL	1	Without fins
SKATEBOARD	7	
SKYDIVE	9	
SLACK LINE	9	
SLEDDING	9	
SNOWBOARD	7	If experienced
SNOWSHOE	6-8	
SNOW MOBILE	2	
SOCCER	9	
-Juggling – controlled touches in box	4	As per ATC / PT (if able to do correctly)
SPORT SPECIFIC DRILLS	7 to 8	Begin with general sports drills, progress to offensive drills and then to defensive drills.
STAIR MACHINE	2 wks	
SWIMMING – Flutter kick	1	
- Breaststroke	3	
TELEMARK SKIING	7	If at least intermediate ability
TENNIS	8	Begin with doubles, work into singles
THROWING	5-6	
- Lead leg – MOUND	6-8	
TRAMPOLINE JUMPING	9	
ULTIMATE FRISBEE	9	
VOLLEYBALL	9	
WAKEBOARD	7	
WAKESURFING	9	
WATER SKIING	6	Includes knee board
WEIGHT LIFTING	4	Refers to training for heavy competition
WIND SURFING	5	
WRESTLING	9	
YOGA	3	If single leg balance is good
ZUMBA	9	