



Dane C Todd, MD
Nebraska Orthopaedic & Sports Medicine P.C.
575 South 70th Street, Suite 200
Lincoln, NE 68510

Anterior Cruciate Ligament Tear (ACL Knee)

Surgery:

1-2 Hours Long

Same Day Surgery (Outpatient)

Anesthesia may offer nerve block for
pain control

Goals:

Re-Build ACL to provide knee stability

Evaluate and treat Meniscus/Cartilage
damage

Decrease pain/Improve Function

General Timeline After Surgery

0-1weeks Post-Op –

Partial weight bearing with crutches. Wear brace when ambulating and sleeping, but
remove to work on home exercises.

Begin Physical Therapy 1 week post-op

1-6 weeks Post-Op –

Weight bear as tolerated. Wean from crutches and work on full knee range of motion

6-12 weeks Post-op –

Full weight bearing. Full range of motion. Increase balance and strength. Begin straight
line jogging at 3 months.

3-6 months Post-op –

Focus on Strength and Balance. Gradually add agility work and sport-specific drills. No
sports participation.

6-9 months Post-op –

Continue to work on strengthening. Gradual return to contact and pivoting sports with a
goal to return to sports at 9 months.

This will change depending on cartilage/meniscus work performed

Typical post-op appointments at 2 weeks, 8 weeks, 6 months post-surgery

Dr. Todd's Contact Information

Kelley Runions
402-488-3322
Dial 8, then Extension 4012

Main Office
402-488-3322
Fax: 402-488-1172