

## PRESENTERS:

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# ACL REHABILITATION: A COMPREHENSIVE OVERVIEW

**JANUARY 24, 2026**

This course is designed to educate clinicians on updated practices and evidence for ACL rehabilitation from immediate rehab through return to sport. We will also explore the assessments and treatments for various impairments throughout the rehabilitation journey.

### Course Objectives:

1. Identify necessary objective milestones for progression with respect to tissue healing
2. Understand possible surgical procedures and challenges/limitations to the rehabilitation process
3. Prescribe and progress exercises for multiple impairments throughout the rehabilitation timeline
4. Perform and implement return to sport testing in the clinical setting

## SCHEDULE:

**8:00AM -9:00AM: ACL SURGERY OVERVIEW AND CONSIDERATIONS**

**9:00AM -9:15AM: BREAK**

**9:15AM - 10:15: PREHAB TO 3 MONTHS POST-OP**

**10:15AM- 10:45AM: LAB**

**10:45AM - 11:30AM: 3-6 MONTHS POST-OP REHAB**

**11:30AM-12:00PM: LAB**

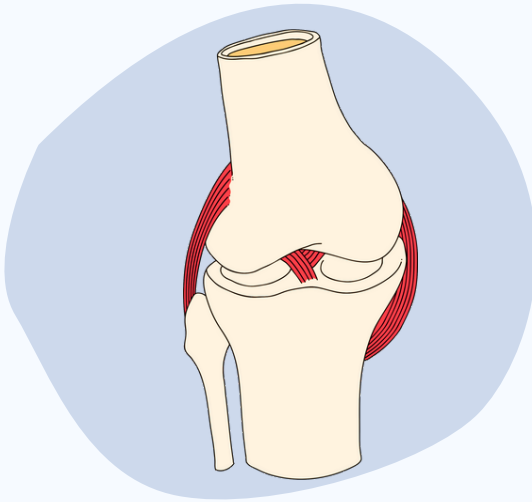
**12:00PM-1:00PM: LUNCH**

**1:00-2:00PM: 6 MONTHS POST-OP - RETURN TO SPORT**

**2:00PM - 3:00PM: LAB**

**3:00PM - 3:15PM Q & A**

**CEU: 0.6**



Questions? Contact:  
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