The job of a physical therapist is not only to rehabilitate your ACL but, to get you back to your specific activity as quickly and safely as possible. If you injure your ACL during sport activity or normal activities of daily living our doctor specific protocols are designed to get you back to activities fast. Knowing that the knee is one of the strongest and most important joints of the body our carefully instructed protocols consist of **PRE-HABILITATION** to carefully guide you before surgery and prevent further injury. **SURGICAL RECOVERY** that consist of advancing range of motion, reducing swelling, regaining muscle size, strength training and eliminating fear and instability. And finally **RETURN TO ACTIVITY** whether that activity is sports, outdoors man, ship or back to normal walking for enjoyment. Our protocols are tailored specifically to you.