

ACL Class

Kaiser Fremont Physical Therapy Department
39400 Paseo Padre Parkway Fremont, CA 94538
(510) 248-3200



The ACL class is for members who are recovering from Anterior Cruciate Ligament (ACL) reconstruction surgery or who have had an ACL injury. This class meets for progressive exercise and treatment to restore strength and flexibility. The goal is to get the patient back to their sports and recreational activities. This class starts shortly after surgery and can last as long as 11 weeks. The class meets on Mondays at 3:00 p.m. and Fridays at 8:00 a.m. Wednesdays, patients participate in independent gym workouts.

FREQUENTLY ASKED QUESTIONS

- **How long after surgery do I wait before beginning the class?** In most cases the surgeon will recommend waiting 1-2 weeks before initiating the class
- **Why does the doctor recommend I be seen prior to the surgery date?** In many instances the doctor will send you to therapy before the surgery so you can be instructed in exercises to be performed before or immediately after the surgery. The Physical Therapist will also take baseline measurements and will instruct you on what to expect from surgery
- **What should I wear?** Patients should either wear shorts or sweats to allow the Physical Therapist to examine the knees
- **Where do I go?** The Physical Therapy Department is located in the Rancho Ohlone building. check in at the front desk located to the right of the entrance