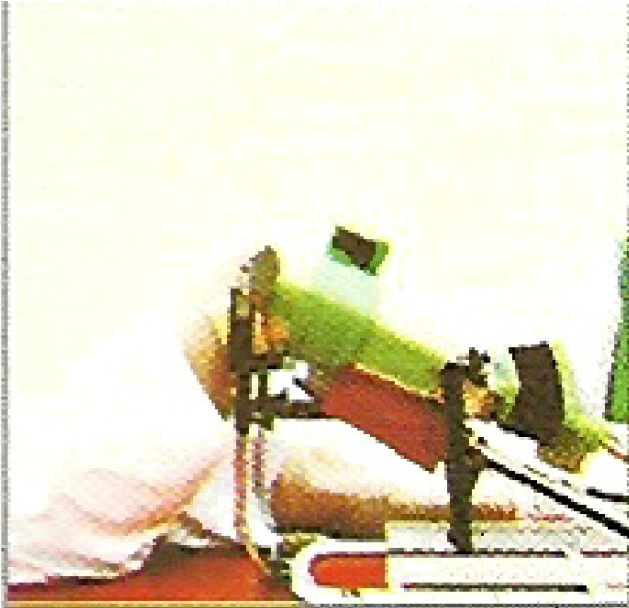


**1. Day of Implant – 48 hours :- Complete bedrest**

**2. 48 hours -4 weeks**

It is recommended to keep you in non-weight bearing until 4 weeks after ACI. You can increase the weight bearing gradually and you may be able to sustain your partial weight bearing at 5 weeks to 8 weeks after ACI.



**3. 4- 8 weeks-**

Range of Motion (ROM)

Recovery on your range of motion is gradually increased with a continuous passive motion (CPM) machine and may be completed to 140 degrees of range of motion at 8 weeks after ACI



**4. 8-12 weeks-**

## Indoor exercise

Muscle strengthening of the surrounding knee joint can be done with four point exercise, isometric exercise, hamstring exercise and squatting exercise. At 12 weeks after ACI, you may start performing stationary bike activity without resistance and increase the resistance gradually. You may return to work at this point.



## 5. 13- 26 weeks –

### Outdoor exercise

At 13 weeks after ACI you can start walking lightly and at 24 weeks after ACI, you can perform jogging. Later you may enjoy higher intensity exercise and sports activity 36 weeks after ACI.

You will be advised to not to use any non-drug therapies like massage, acupuncture, acupressure, or any other method of joint manipulation for the affected joint during the course of the study.

\*This rehabilitation information is recommendation only; it may be differentiated with one's condition and should consult with doctor.

