

5 Steps to a Successful ACL and Meniscus Recovery

ACL reconstruction with meniscal repair demands a recovery built around the deep knee flexion, edge-loading, and rotational forces of skiing. Not just walking. Luna comes to you through every phase, from brace-locked Day One to the first carved turn on groomed snow.



1 Mindset Phase

Start Now

Pre-Hab: Pre-Surgery PT



What success looks like:

- Quad strength, glute power, and hip stability are the foundation for every edge change and for absorbing moguls. Building strength before surgery means the muscles you depend on are still there when you need them most in recovery.
- Entering surgery with full knee extension and minimal swelling is one of the most evidencesupported predictors of a faster, fuller return to sport. Working with your Luna PT sets you up far success.
- 80% of patients who skipped pre-surgical PT required post-acute care services. That's a ski season lost. Starting now is the smart way to prepare .

2 Protect the body

Weeks 1-4

Guard the Meniscus



What success looks like:

- Protecting it for 4 weeks is non-negotiable. Your Luna PT arrives at your home to manage swelling, achieve extension, and begin quad activation without loading the repair.
- Quad sets, straight-leg raises, and ankle pumps help maintain lower-extremity circulation and prevent muscle atrophy that can set back your return-to-slopes timeline. This work must begin within the first 72 hours after surgery.
- You can't drive. Your Luna therapist comes to your home - teaching safe transfers, stair navigation, and sleep positioning in the actual spaces you live in, not a generic hospital setting .

3 Motion Phase

Weeks 4-8

Rebuild the Engine



What success looks like:

- Mini-squats, step-ups, and wall sits begin rebuilding the quad and glute strength that absorbs the impact forces of skiing - forces that increase significantly with age as tissue compliance decreases after 50.
- Your in-home Luna physical therapist will teach you to squat by using your hips. This specific movement pattern keeps your knees from caving inward, protecting your new ACL graft and preventing the exact same movement that caused your original injury.

4 Strength & Stability

Weeks 8 -16

Train the Ski Stance



What success looks like:

- Lateral band walks, lateral step-downs, and rotational hip exercises rebuild the edge-loading muscles, the hip abductors, external rotators, and VMO that control every turn and keep knees tracking safely over feet on varied terrain.
- Single-leg balance on unstable surfaces introduces the proprioceptive challenge of uneven snow - re-establishing the neuromuscular communication that was lost when the ACL tare.
- Your Luna therapist introduces ski-stance holds, lateral bounds, and controlled deceleration drills sport specific loading patterns that teach the knee to handle the rotational and shear forces.

5 Active Life Phase

Start Fresh Each Day

Recovery is Ongoing



What success looks like:

- The biological remodeling of both the ACL graft and the meniscus repair takes a full 9-12 months.
- Start on groomed, gentle terrain. The first runs back should be controlled and deliberate. Your overall fitness will feel ready long before your graft and repaired meniscus have reached the tensile strength required.
- Luna's support continues through your process. An ongoing therapist relationship someone who has tracked every milestone from surgery to the lift line is what keeps you moving decades longer, not just one more season.