

Return to Sport Plan

Your recovery is a process, not an event. Each phase builds on the last.

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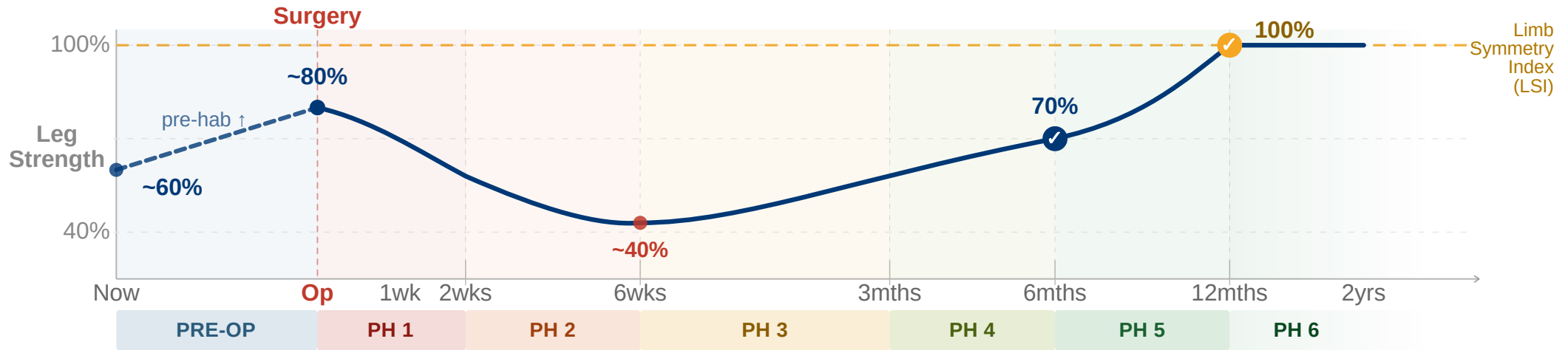
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PRE-OP

Before surgery

Optimise your baseline

- ☐ Function Assessment
- ☐ Bacteria eradication
- ☐ Physiotherapy (PT) — Prehab
- ☐ Neuromuscular Electrical Stimulation (NMES) ×2 daily

PHASE 1

0 – 2 weeks

Complete wound healing

- ☐ NMES ×2 daily
- ☐ PT Compliance
- ☐ Achieve full extension
- ☐ Follow weight bearing instructions

PHASE 2

2 – 6 weeks

Full range of motion

- ☐ NMES ×2 daily
- ☐ PT Compliance
- ☐ Achieve full ROM as limited by brace
- ☐ Follow weight bearing instructions

PHASE 3

6 wks – 3 months

Walk normally, no aids

- ☐ PT Compliance
- ☐ NMES optional
- ☐ Achieve full ROM

PHASE 4

3 – 6 months

Symmetrical strength

- ☐ PT Compliance
- ☐ Begin gym strengthening

PHASE 5

6 – 12 months

Return to jogging

Gate: LSI >70%

- ☐ 6-month Isokinetic Strength Test
- ☐ 6-month Function Assessment
- ☐ Sport-specific PT
- ☐ Begin Strength and Conditioning

PHASE 6

12 months +

Return to training

Gate: LSI = 100%

- ☐ 1-year Isokinetic Strength Test
- ☐ 1-year Function Assessment
- ☐ Sport-specific PT

Every recovery is different. Strength is one piece — psychology and fear of re-injury matter just as much.

The gates matter more than the dates.