CORE1INC

RECOVER. REBUILD. PERFORM.

ACL REHABILITATION + RETURN TO SPORT

YOUR COMEBACK.
ONE CONNECTED PLAN.

ATHLETE + FAMILY GUIDE

REHAB THE KNEE. BUILD THE ATHLETE.

An ACL injury affects more than one joint. Core1 connects physical therapy and sports performance to help athletes rebuild the strength, movement, and confidence needed for the demands ahead.

Sports training is included for athletes receiving physical therapy.

Train safely around the injury while your knee recovers, as your rehabilitation plan allows.

WHAT MAKES THE PLAN DIFFERENT?

ATHLETE-FIRST CARE

Your sport, goals, current abilities, and surgical precautions shape the plan.

THE WHOLE ATHLETE

Rehabilitate the knee while maintaining and developing what can be trained safely.

ONE TEAM. ONE PLAN.

Physical therapists and performance coaches coordinate recovery and athletic development.

PROGRESS YOU CAN UNDERSTAND

Strength, movement, and performance measures help identify progress and remaining gaps.

STILL AN ATHLETE.

An ACL injury can leave an athlete feeling disconnected from the sport they love. At Core1, training alongside other athletes and seeing progress can help them stay connected and rebuild confidence along the way.

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RECOVER. REBUILD. PERFORM.

FROM REHABILITATION TO SPORT

CLEARED ISN'T READY.

Build toward the demands of your sport, one informed step at a time.

YOUR PATH BACK.

01 PROTECT + RESTORE
Address symptoms, motion, walking, and muscle activation.

02 REBUILD STRENGTH
Develop lower-body and whole-body strength, control, and capacity.

03 RUN + PRODUCE FORCE
Progress toward running, jumping, landing, and creating and absorbing force.

04 CUT + DECELERATE
Build change of direction, speed, reaction, and control.

05 PRACTICE + COMPETE
Bridge into sport-specific preparation and a progressive return to team activity.

READINESS TAKES MORE THAN TIME.

Return-to-sport testing helps identify remaining strength, power, and movement gaps. Progression also considers healing, symptoms, confidence, sport demands, and medical guidance. Post-operative care respects your surgeon's precautions and protocol.

START WITH AN ACL EVALUATION.

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