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Sebastian Brünink

**How Long is the ACL Recovery Timeline for Skiers? - SKI Magazine** Jun 25, 2025 · If this is your first ACL tear, you're probably asking yourself "Can I come back from this?" and "How long before I can ski again?" The short answer: Yes, you can absolutely come back from this. [Return to skiing after injury - Backcountry Physical Therapy](#) Apr 11, 2021 · Discover expert tips and exercises for safely returning to skiing after an ACL injury. Get back on the slopes with Backcountry Physical Therapy. *ACL injuries are skiing's curse- here's what it took me to come back* May 12, 2025 · While Australian physios have mixed opinions about wearing a brace after ACL recovery, research has found they may reduce risk of re-tear in skiing (they can be unwieldy in ... **Can I Ski With a Suspected ACL or MCL Sprain?** When Is It Safe to Ski Again After an ACL and MCL Tear? You can usually return to skiing around 6 to 9 months after your ACL and MCL injury, depending on the severity of your condition. For example, your ACL/ MCL sprain recovery time may be shorter for mild tears, often allowing basic movement and strength exercises within six weeks. [How To Get Back to Skiing After an ACL Injury](#) Recreational and competitive skiers with grade II and III ACL tears usually opt for surgery in order to ensure good knee joint stability so that they can return to cutting and pivoting sports such as ... [Returning to skiing after ACL injuries - UW Health](#) Feb 22, 2019 · According to UW Health Sports Medicine orthopedic surgeon Geoffrey Baer, MD, perfect ACL health isn't as crucial to their sport as it is to, say, a football or basketball player. ... [How to Get Back to Skiing After Acl Injury? - Ourextremesports.com](#) Apr 22, 2025 · Recreational skiing can often resume safely between 4 to 6 months after surgery. Competitive skiing typically requires 6 to 9 months or more, depending on individual recovery. Many experts recommend waiting at least 7 to 9 months to allow the graft to fully heal and strength to return. [Returning to Skiing After ACL Tears — Dr. Bill Sterett](#) Dec 2, 2019 · The good news, here: we can have you back to full strength at around 3 months after surgery. Not bad, right? Hold on, though. We'd really prefer not to rush you back after surgery, because we want to give the knee time to re-model on it's own time. *Going back to skiing after ACL: when? : r/ACL - Reddit* There's great physiological changes that happen in the new ACL tendon which take place from 6-9months post surgery. I had ACL repair Dec 2022, and just recently got green light for snowboarding. My doctor advised me to wear my knee brace for next year. **Skiing after ACL injury is far from impossible - Strong Skier** It doesn't have to be impossible to get back to skiing after an ACL injury. Allow me to make that clear from the start □ It does, however, require specific, goal oriented training.

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