



ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

ANTERIOR CRUCIATE LIGAMENT (ACL)

Home Exercises

An ACL injury is a tear or sprain of the anterior cruciate ligament (ACL), one of the major ligaments in your knee. ACL injuries most commonly occur during sports that involve sudden stops or changes in direction, jumping, and landing such as soccer, basketball, football, and downhill skiing. Many people hear or feel a “pop” in the knee when an ACL injury occurs. Your knee may swell, feel unstable, and become too painful to bear weight. The ACL provides stability to the knee joint, as it prevents forward movement of the tibia (lower leg), as well as helping provide rotational stability.

The goals of treatment for an ACL injury include relief of pain and inflammation (in the early stages, ice can be helpful but make sure not to leave it on for more than 20 minutes), reduction of stiffness and improvement or preservation of range of motion, and improvement in or maintenance of mobility and function. The below exercises are to maximize range of motion and flexibility and work to increase the strength and control of your knee/ hips/ core. And if surgery is required, these will help to maximize your mobility beforehand and improve your outcome after surgery. Although some soreness with exercise is expected, we do not want any sharp pain, pain that gets worse with each rep of an exercise, or any increased soreness for more than 24 hours. If this is the case, modify the exercises to decrease the number of reps or the frequency.

QUAD SET WITH TOWEL UNDER HEEL

While lying or sitting with a small towel roll under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground.

Repeat 10 Times **Hold 2 Seconds**

Complete 1 Set **Perform 2 Times a Day**



HEEL SLIDES - LONG SIT WITH TOWEL AND BELT

While in a sitting position, place a small hand towel under your heel. Next, loop a belt, towel or bed sheet around your foot and pull your knee into a bend position as your foot slides towards your buttock. Hold a gentle stretch and then return back to original position.

Repeat 10 Times **Hold 1 Second**
Complete 2 Sets **Perform 2 Times a Day**



CALF STRETCH WITH TOWEL

While in a seated position, hook a towel under your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.

Repeat 3 Times **Hold 30 Seconds**
Complete 1 Set **Perform 2 Times a Day**



STRAIGHT LEG RAISE - SLR

Tighten your stomach While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Repeat 10 Times **Hold 1 Second**
Complete 2 Sets **Perform 2 Times a Day**



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body or slightly behind.

The bottom leg can be bent to stabilize your body.

Repeat 10 Times **Hold 1 Second**

Complete 2 Sets **Perform 2 Times a Day**



PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Maintain a straight knee the entire time.

Repeat 10 Times **Hold 1 Second**

Complete 2 Sets **Perform 2 Times a Day**



HIP ADDUCTION - SIDELYING

While lying on your side, slowly raise up your bottom leg towards the ceiling. Keep your knee straight the entire time.

Your top leg should be bent at the knee and your foot planted on the ground supporting your body.

Repeat 10 Times **Hold 1 Second**

Complete 2 Sets **Perform 2 Times a Day**



BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 10 Times **Hold 1 Second**

Complete 2 Sets **Perform 2 Times a Day**



CALF RAISES

With foot pointed straight, slowly raise up onto toes, hold ___ seconds, then return to starting position.

Repeat 10 Times Hold 2 Seconds

Complete 2 Sets Perform 2 Times a Day



SIT TO STAND - NO SUPPORT

Start by scooting close to the front of the chair. Next, lean forward at your trunk and reach forward with your arms and rise to standing without using your hands to push off from the chair or other object.

Use your arms as a counter-balance by reaching forward when in sitting and lower them as you approach standing.

Repeat 10 Times Hold 1 Second

Complete 1 Set Perform 2 Times a Day

