

ACL PREHAB- HOME PROGRAM

Your main focus from now until surgery is to get your knee and leg as healthy as possible. If necessary, we can send you to physical therapy prior to surgery for 1-2 sessions. However, most patients can reach their goals with a dedicated home exercises routine.

Simply put, your goals are to reduce swelling, increase your range of motion, maintain quad control and walk normal while maintaining your cardiovascular endurance.

Application of ice:

- Apply ice/cold packs to affected area for a maximum of 20 minutes after exercises. (20 minutes on, 20 minutes off)
- If you find your knee to be very stiff, you can apply ice for 10 minutes prior to your stretching routine.

Precautions:

- Possible brace with ambulation
- Avoid pivoting or high impact activity
- Avoiding exercises when your foot is not in contact with the ground
- Have soreness guide your day to day activity. If you do too much one day and are still sore the following day, that day should focus on range of motion and to reduce swelling. Avoid strengthening exercises on that day.

EXERCISES Flexibility

CALF STRETCH

Setup

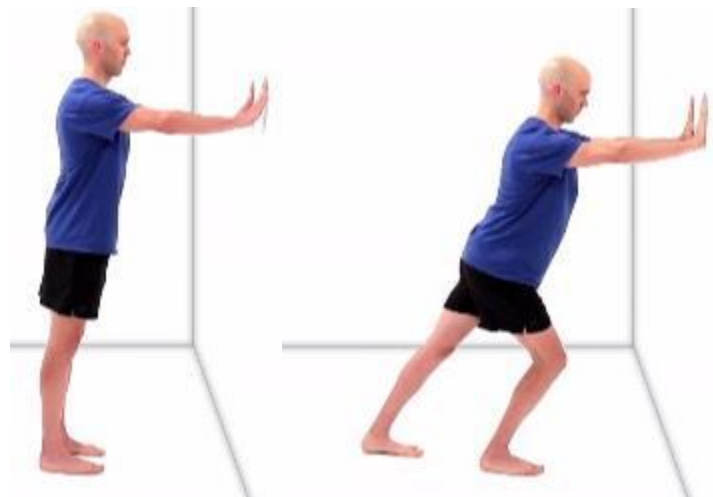
- Begin in a standing upright position in front of a wall.

Movement

- Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

- Make sure to keep your heels on the ground and back knee straight during the stretch.



SUPINE HAMSTRING STRETCH

Setup

- Begin lying on your back with one leg straight and the other leg bent.

Movement

- Bring your knee toward your chest and grab the back of your thigh with both hands. Slowly straighten your knee until you feel a stretch in the back of your thigh and hold.

Tip

- Make sure to keep your back flat on the floor during the stretch.



PRONE QUADRICEPS STRETCH WITH STRAP

Setup

- Lie on your stomach on a comfortable surface with a strap or belt secured around your foot.

Movement

- Pull the end of the strap over your shoulder on the same side of your body, bending your knee, and hold when you feel a stretch in your knee.

Tip

Do not allow your low back to overarch during the stretch.



Strengthening

3 x Daily, 5 x Weekly, 10 reps, 3 sets, 5 second hold

SUPINE QUAD SETS

Setup

- Begin lying on your back with one knee bent and your other leg straight with your knee resting on a towel roll.



Movement

- Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.



Tip

- Make sure to keep your back flat against the floor during the exercise

SUPINE ISOMETRIC HAMSTRING SET

Setup

- Begin lying on your back with one leg bent and your foot resting on the floor.

Movement

- Gently press your heel into the ground. Without moving your leg, contract your muscles as if you were pulling your heel toward your buttock.

Tip

- Make sure not to arch your low back during the exercise.



SUPINE HEEL SLIDE

Setup

- Begin lying on your back with your legs straight.



Movement

- Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.



Tip

- Make sure not to arch your low back or twist your body as you move your leg.

SIDELYING HIP ABDUCTION

Setup

- Begin by lying on your side.



Movement

- Slowly lift your upper leg towards the ceiling then lower it back to the starting position.

Tip

- Make sure to keep your knee straight and do not let your hips roll backward or forward during the exercise.



SUPINE ACTIVE STRAIGHT LEG RAISE (SLR)

Setup

- Begin by lying on your back with one knee bent and your other leg laying flat.



Movement

- Slowly lift your straight leg until it is parallel with the other thigh then lower it back to the starting position.



Tip

- Do not let your back arch during the exercise.

PRONE HIP EXTENSIONS

Setup

- Begin by lying on your stomach with both legs stretched straight behind you.



Movement

- Slowly lift one leg upward as far as you can without arching your low back, then lower it back to the starting position.



Tip

- Make sure to keep your knee straight and trunk steady during the exercise.

STANDING TERMINAL EXTENSION WITH RESISTENCE

Setup

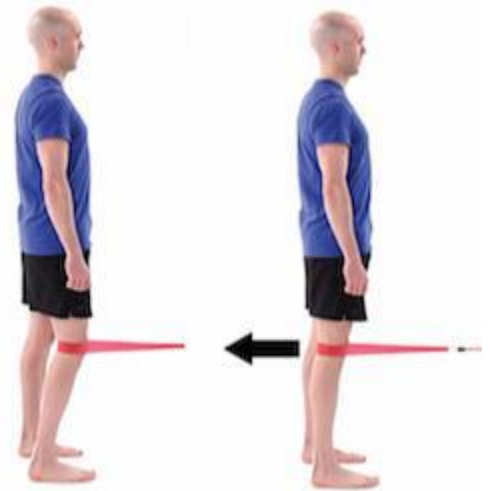
- Begin in a standing upright position with one knee slightly bent and a resistance band secured just above it. You should be facing the anchor point.

Movement

- Gently straighten your knee, pulling against the resistance band.

Tip

- Make sure to keep your heel on the ground, your hips level, and do not overextend your knee.



Once you have reached the goals of little to no swelling, normal walking pattern, range of motion from 0-120 degrees and good quad control, you can increase your activities to include squats, deadlifts, lunges, and step ups.

Cardiovascular Exercises

- Cycling (flat pedals or loose clips)
- Walking
- Elliptical
- Rowing Machine (hold off on this until you have full range of motion and good quad control)
- Swimming

If at any point you feel like you need a dedicated physical therapy program to get you started, please contact us at the numbers below.

Exercises pictures and descriptions taken from Medbridge Education

MAMMOTH ORTHOPEDIC INSTITUTE

85 Sierra Park Road ▪ Mammoth Lakes, CA 93546 ▪ 760.924.4084
162 South Main Street ▪ Bishop, CA 93514 ▪ 760.872.7766

MAMMOTH HOSPITAL PHYSICAL THERAPY

85 Sierra Park Road ▪ Mammoth Lakes, CA 93546 ▪ 760.934.7302
162 South Main Street ▪ Bishop, CA 93514 ▪ 760.872.2942