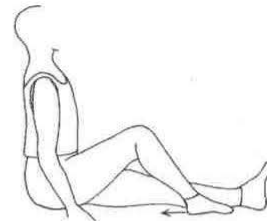


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Anterior Cruciate Ligament Sprain (ACL) Rehabilitation Exercises

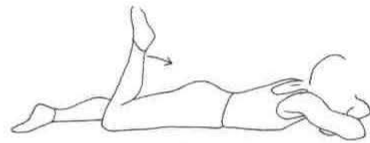
You may begin exercising your knee when the swelling has gone down and you are able to stand with equal weight on both legs.

1. Heel slide: Sit on a firm surface with your legs straight in front of you. Slowly slide the heel of your injured leg toward your buttock by pulling your knee to your chest as you slide. Return to the starting position. Repeat this 20 times.

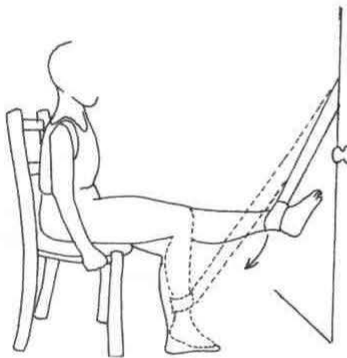


Heel slide

2. Prone knee flexion: Lying on your stomach, bend your injured knee and try to touch your buttock with your heel. Slowly return to the starting position. As this gets easier, you can add an ankle weight of 3 to 5 pounds. Repeat 10 times. Do 3 sets of 10.



Prone knee flexion



Theraband hamstring curls

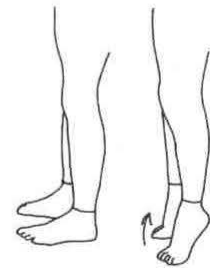
3. Thera-Band hamstring curls: Sit in a chair facing a door and about 3 feet from the door. Loop and tie one end of the tubing around the ankle of your injured leg. Tie a knot in the other end of the Thera-Band and shut the knot in the door. Bend your knee so that your foot slides along the floor and moves back underneath the chair, stretching the tubing. Slowly let your foot slide forward again. Repeat this 10 times. Do 3 sets of 10.

You can challenge yourself by moving the chair farther away from the door and increasing the resistance of the Thera-Band.

4. Heel raises: Stand on both feet, raise your heels off the floor and come up onto your toes. Hold this position for 2 seconds and slowly lower yourself back down. Do 3 sets of 10 repetitions.

To challenge yourself, stand only on your injured leg and raise up on your toes, lifting your heel off the floor. Do 3 sets of 10.

After your hamstrings have become stronger and you feel your leg is stable, you can begin strengthening the quadriceps (a large muscle in the front of the thigh). A good way to do this is to do a wall squat with a ball.



Heel raises

Anterior Cruciate Ligament Sprain (ACL) Rehabilitation Exercises



Wall squat with a ball

5. Wall squat with a ball: Stand with your back, shoulders, and head against a wall and look straight ahead. Keep your shoulders relaxed and your feet 1 foot away from the wall and a shoulder-width apart. Place a rolled up pillow or a Nerf ball between your thighs. Keeping your head against the wall, slowly squat while squeezing the pillow or ball at the same time. Squat down until your thighs are parallel to the floor. Hold this position for 10 seconds. Slowly stand back up. Make sure you keep squeezing the pillow or ball throughout this exercise. Repeat 20 times.

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The Sports Medicine Patient Advisor
Pierre Rouzier, MD
HBO and Company, 1999