

## Exercises following ACL reconstruction surgery- 6-10 weeks

### 1 Iso. quadriceps contraction



Sit down on the ground with your leg straight and your ankle on a half foam roller. Push down your knee by contracting the quadriceps, the muscle in front of your thigh. Hold the contraction, relax and repeat.

Sets: 2-3 Reps: 12 Freq: 2 per day

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### 2 Isometric hamstring (heel dig)



Lay down on your back with one leg bent, the other leg extended and the knee fairly bent, so your heel is against the surface. Press your heel against the surface and hold the contraction for the recommended time. Repeat.

Sets: 2-3 Reps: 12 Freq: 2 per day

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### 3 Clamshell with band



Lie on your side with a band around your thighs, just above your knees. Your hips should be flexed slightly and your head supported. Keep your feet together and open the top knee to externally rotate the hip.

Sets: 2-3 Reps: 12 Freq: 2 per day

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### 4 Active knee flexion



Lie on your back with both legs straight. Bend one knee up as far as you can without using your arms and then straighten it out so it is flat on the bed again. Repeat.

Sets: 2-3 Reps: 12 Freq: 2 per day

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### 5 Knee flexion



Lie in a prone position and flex one knee by bringing the heel toward the buttock. Do not arch the lower back while doing the movement.

Sets: 2-3 Reps: 12 Freq: 2 per day

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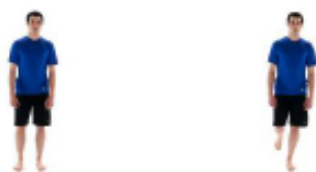
### 6 Plantar flexion on two legs



Stand on both feet with your hands on a chair or table for balance. Raise on your tiptoes without bending the knees. Lower under control to come back to the starting position and repeat.

Sets: 2-3 Reps: 12 Freq: 2 per day

## 7 Single leg stance



Stand and lift one leg.  
Hold that position for the recommended time.

Sets: 2-3 Reps: 12 Freq: 2 per day

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## 8 Sit to stand



Sit on a chair that have been placed against a wall to prevent slipping.  
Interlace your fingers and reach forward with your arms.  
With your feet slightly apart and your hips at the edge of the seat, lift your hips up from the seat to stand.  
Slowly return to sitting.

Sets: 2-3 Reps: 12 Freq: 2 per day

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## 9 Weighted sit to stand (low seat)



Sit down on a seat with knees bent at 90 ° and hold a weight, such as a medicine ball, close to your chest.  
With your feet slightly apart, lean forward-so your shoulders are over your feet- and stand up fully.  
Slowly return to a sitting position.

Sets: 2-3 Reps: 12 Freq: 2 per day

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TRAP STIM

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## 10 Bent knee calf raise



Find a fixed object to hold onto with both hands (door frame, desk, chair or other) at about waist height.  
Slowly lower down into a squat position, while keeping a good posture and feet at about shoulder width apart.  
Rise up onto your toes while keeping a foot in neutral position (resisting eversion; foot rolling inward), until full contraction in the calves.  
Slowly lower back down, until your heels touch the ground.  
Make sure the entire body rises and lowers with the ankle movements: this should be a single joint exercise.

Sets: 2-3 Reps: 12 Freq: 2 per day

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## 11 Glutes bridge on heels



Lie on your back with your knees bent.  
Raise your forefoot and push your heel to the ground to relax the muscles in the back of your thighs.  
Squeeze your buttocks together and lift them off the ground to make a straight line with your body.  
Slowly lower your body and repeat.

Sets: 2-3 Reps: 12 Freq: 2 per day

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## 12 Stabilization lunge



Stand with your feet apart (one forward, one backward). Lower your body by bending the knees to 90 degrees without touching the floor with your back knee. Return to the initial position and repeat with your feet placed the opposite way. Keep the knee cap of the forward leg aligned with your second toe and avoid any lateral movement with both knees.

Sets: 2-3 Reps: 12 Freq: 2 per day

PS. Start exercise no. 12 when you have no pain and are comfortable with first 11 exercises.