

Exercises following ACL reconstruction surgery- the Early phase

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.

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.

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.

Reps: 8-

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.

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.

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.