

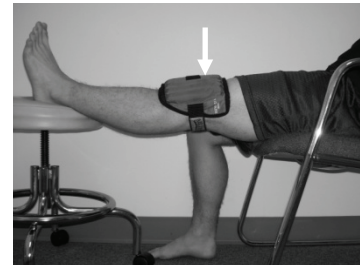
ACL Phase 1 Rehabilitation

PRONE HANGS



1. Lie on a table or bed with feet hanging over end as shown
2. Place 5-10 lb. weight on ankle
3. Slowly allow gravity and the weight to extend the ____ knee
4. Hold 5-10 minutes
5. 2-3 X day

WEIGHTED KNEE EXTENSION



1. Place 5-10 lb. weight around ____ knee
2. Sit with leg propped as shown
3. Relax, letting the leg straighten
4. Hold 5-10 minutes
5. 2-3 X day

ACTIVE KNEE FLEXION



1. Sit on the edge of a table or chair
2. Cross ankles as shown, with the stiff knee on the top
3. Press downward with the upper leg so that you feel a stretch
4. Hold 30 seconds
5. 3-5 repetitions, 2-3 X day

SLIDES



1. Lie on bed or table as shown.
2. Slide your buttocks toward your bended knee until you feel a stretch
3. Hold 30 seconds
4. 3-5 repetitions, 2-3 X day

PASSIVE KNEE FLEXION



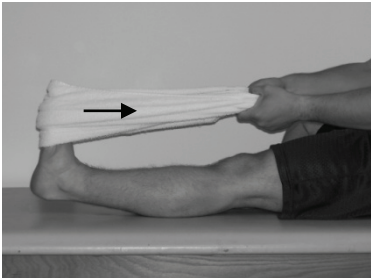
1. Begin with knee slightly bent as shown
2. Wrap towel around heel and gently pull toward your body until you feel a stretch
3. Hold 30 seconds
4. 3-5 repetitions, 2-3 X day

HAMSTRING STRETCH



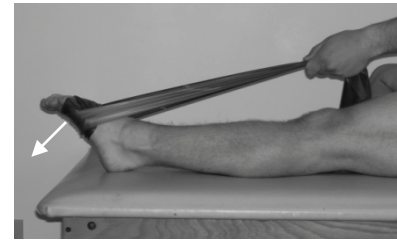
1. Sit with leg propped as shown
2. Relax, letting the leg straighten
3. Lean forward, keeping the back straight
4. Hold 15-20 seconds
5. 5 repetitions, 2-3 X day

TOWEL CALF STRETCH



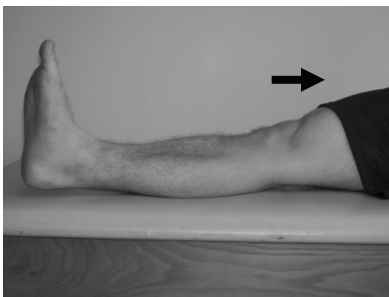
1. Sit on floor with towel or strap around ____ foot as shown
2. Pull top of foot toward your body so that you feel a stretch
3. Hold 15-20 seconds
4. 5 repetitions, 2-3 X day

RESISTED PLANTAR FLEXION



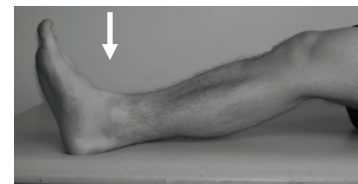
1. Place elastic tubing around foot as shown
2. Push toes slowly away from your body
3. Hold 2-3 seconds
4. 10 repetitions, up to 3 sets, 1-2 X day

QUAD SETS



1. Sit or lie on your back with ____ leg straight.
2. Press the back of your ____ knee downward.
3. This will tighten the muscle on top of your thigh and move your kneecaps as shown.
4. Hold 2-3 seconds
5. 10 repetitions, up to 3 sets, 1-2 X day

HAMSTRING ISOMETRICS



1. Lie as shown with ____ knee bent partially.
2. Press heel to floor
3. Hold 2-3 seconds
4. 10 repetitions, up to 3 sets, 1-2 X day

WEIGHTED HIP FLEXION



1. Lie on back with ____ knee straight and the other knee bent as shown
2. Place a 1-10 lb. weight around your ankle
3. With leg completely straight, raise it about ____ inches. Hold 2-3 seconds
4. 10 repetitions, up to 3 sets, 1-2 X day

ROTATED HIP FLEXION



1. Lie on back with ____ knee straight and the other knee bent as shown.
2. Place a 1-2 lb. weight around your ankle.
3. Keep the leg completely straight with toes pointed outward, then raise it ____ inches.
4. Hold 2-3 seconds
5. 10 repetitions, up to 3 sets, 1-2 X day

WEIGHTED HIP EXTENSION



1. Lie on belly with pillow positioned as shown.
2. Place 1-10 lb. cuff weight around ____ ankle.
3. Raise leg off floor as shown.
4. Hold 2-3 seconds
5. 10 repetitions, up to 3 sets, 1-2 X day

CRYOTHERAPY

____ MINS ____ X per day

Ice Cup

Ice Bag

Exercise Bike

Staff _____

Phone _____