

ACL PREHAB PROTOCOL

GOALS OF PREHAB

- **RANGE OF MOTION AND SWELLING CONTROL**
- **QUADRICEPS STRENGTHENING**
- **HAMSTRING STRENGTHENING**
- **BALANCE AND PROPRIOCEPTION**
- **STRENGTHEN HIP MUSCULATURE**

PLEASE BE CAREFUL AND DO NOT ATTEMPT UNLESS YOU ARE CONFIDENT

Your physiotherapist will prescribe a range of exercises but this is for your reference as to what exercises can be done at home. Pre-habilitation is best done with your physiotherapist to ensure you are still staying on track. Better outcomes are associated with a return to full range of motion and recovery of quadriceps strength.

SWELLING CONTROL

- Cold packs to the knee and compression bandaging
- Elevation of the knee and leg above the level of the heart (as much as possible when on your back or in bed)

RANGE OF MOTION

- **Exercise 1 (Flexion):** While in a lying position slide your heel towards your buttocks and try to touch your buttocks with the heel. Do this as much as possible to assist in regaining flexion
- **Exercise 2 (Flexion):** sitting on a chair plant your foot to the floor and shuffle your buttocks forward to flex the knee.
- **Exercise 1 (Extension):** While lying on your belly hand the knee over the edge of the bed and allow gravity to take the leg to regain extension.
- **Exercise 2 (Extension):** While sitting up in bed have the knees extended and push down on the front of the knee to achieve extension and hold it there for 30 seconds.
- Utilize a stationary bicycle to range the knee through flexion and extension

QUADRICEPS STRENGTHENING

- **Exercise 1:** Place a towel under the affected knee while lying on your back. Contract your quadriceps and press the back of your knee into the towel. Hold for 10 seconds for 5 seconds, and then relax
- **Exercise 2:** Place a towel behind the knee and keep the knee straight, while on your back and hold there for 30 seconds and repeat
- **Exercise 3:** Straight leg raises, holding the knee straight for 30 seconds while on your back

HAMSTRINGS STRENGTHENING

- **Exercise 1:** While on your back and the knee flexed press your heel into the floor and hold for 10 seconds
- **Exercise 2:** Lie on your belly and flex your knees to 90 degrees and bend the knee and try to achieve full flexion
- **Exercise 3:** In a seated position utilize a resistance band around the ankle. Ends of the band can be held by another person or a stationary object and then slowly flex your knee. Hold the knee flexed for 30 seconds while there is counter resistance from the band.

HIP STRENGTHENING

- **Exercise 1:** Straight leg raises
- **Exercise 2:** Place an elastic band around your ankles and slowly walk sideways (be careful and don't trip!)
- **Exercise 3:** Stand with one leg on a step and the other leg hanging and lower your body down and raise yourself (remember to stabilize yourself with the handrail)

PROPRIOCEPTION

These exercises can be difficult in the setting of an ACL deficient knee (Be careful)

- **Exercise 1:** Single leg balance and hold it for 30-60 seconds
- **Exercise 2:** A wobble board can be purchased to stand on for 30-60 seconds