

PRE-OP/POST-OP ACL EXERCISES

Goals prior to undergoing surgery:

- Minimal effusion/swelling (use ice and compression)
- Fully straighten your knee
- Bend your knee to about 120-130°
- Good quad activation
- Normal gait

To improve extension ROM:

- Seated and supine hamstring stretch: hold 30 seconds and repeat 3x ea



- Seated/standing calf stretch: hold 30 sec and perform 3 times each



- Prone hangs: these will not be comfortable; try to hold for 10 minutes and just relax



To improve flexion ROM:

- Heel slides: bend as far as you can, hold 10 sec and release; repeat for 5 minutes



Quad activation:

- Quad sets in full extension: actively tighten your quad and hold for 10 sec; repeat 30 times; to make sure you are performing correctly, act as if you are going to lift your leg up keeping your knee fully locked – this will cause you to tighten your quad.



- Straight leg raises (all 4 directions): tighten your quad first and keep quad tight during duration of leg lift; lift and hold 10 seconds and slowly lower. Repeat 30 times each direction



- Squat to chair: try to keep weight even on both lower extremities – verify by looking at your knees at the lowest point of your squat and make sure they are parallel; try to avoid falling into the chair – just tap with your gluts and return to standing; maintain upright posture. Perform 3x10.



- Single leg balance: balance on your involved lower extremity with the knee of your stance leg slightly bent so that you challenge your muscles; try to hold for 60 seconds then switch legs; repeat 3x on each side. If too easy, close your eyes.

