

ACL Prehab Home Exercise Program

1



SEATED HEEL SLIDES

While in a seated position and foot forward and rested on the floor, slowly slide your foot closer towards you.

Hold a gentle stretch and then return foot forward to original position.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 2 Times a Day
Video # VVHYQBSQP

4



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

The bottom leg can be bent to stabilize your body.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day
Video # VV4R4FB65

2



HEEL SLIDES - LONG SIT WITH TOWEL AND BELT

While in a sitting position, place a small hand towel under your heel. Next, loop a belt, towel or bed sheet around your foot and pull your knee into a bend position as your foot slides towards your buttock. Hold a gentle stretch and then return back to original position.

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day
Video # VVCZHG5RD

5



SIDELYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day
Video # VVZLS2CSB

3



STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day
Video # VVBVU5P69

6



SHORT ARC QUAD - SAQ

Place a rolled up towel or object under your knee and slowly straighten your knee as you raise up your foot. Lower back down and repeat.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day
Video # VVQSBB7GH

7



Duration 30 Seconds
 Complete 5
 Perform 1 Times a Day
 Video # VVUF443EH

RHOMBERG STANCE - SINGLE LEG - SLS

Cross your arms over your chest and then stand on one leg. Perform this next to a table or other sturdy object. Hold your balance in this position.

If you lose your balance, you can use one or more strategies to help:
 Touch your toes down
 Take a step
 Unfold your arms and raise them to the sides
 Grab on to something for support

8



Repeat 1 Time
 Hold 1 Second
 Complete 1 Set
 Perform 1 Times a Day
 Video # VVKANC34L

MINI SQUAT

Start with your feet shoulder-width apart and toes pointed straight ahead. Next, bend your knees to approximately 30 degrees of flexion to perform a mini squat as shown. Then, return to original position.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

9



Repeat 15 Times
 Hold 1 Second
 Complete 3 Sets
 Perform 1 Times a Day
 Video # VVEYPDP5X

STANDING HEEL RAISES - SINGLE LEG

While standing on one leg, raise up on your toes as you lift your heel off the ground.

10



Repeat 10 Times
 Hold 5 Seconds
 Complete 2 Sets
 Perform 1 Times a Day

Bridges

Start: Lay on your back with your knees flexed and your feet flat.

Movement: Brace your core, squeeze your glutes and lift your bottom off of the table, return to start position.

* Do not hyperextend your back, make sure to breathe.