

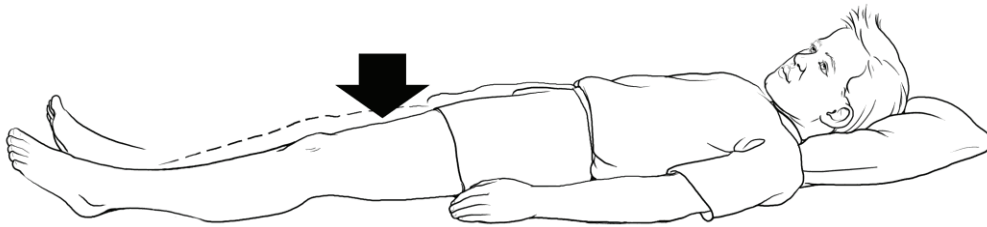
ACL EXERCISES

1. Quadricep Set:

Lie on your back. With your leg straight, push the back of your right knee into the mat; tighten the front muscle of your thigh.

Do these motions 10 times; hold each for 5 seconds.

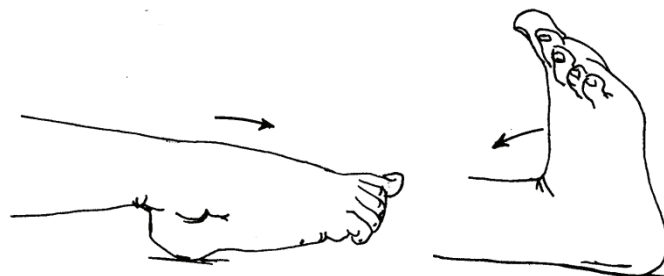
This exercise should be done 3 times per day.

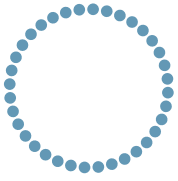


2. Ankle pump:

Lie on your back. Keep your knee straight and bend your toes upward until you feel a stretch behind the knee. Then point your toes downward. Do these motions 10 times; hold each for 5 seconds.

This exercise should be done 3 times per day.

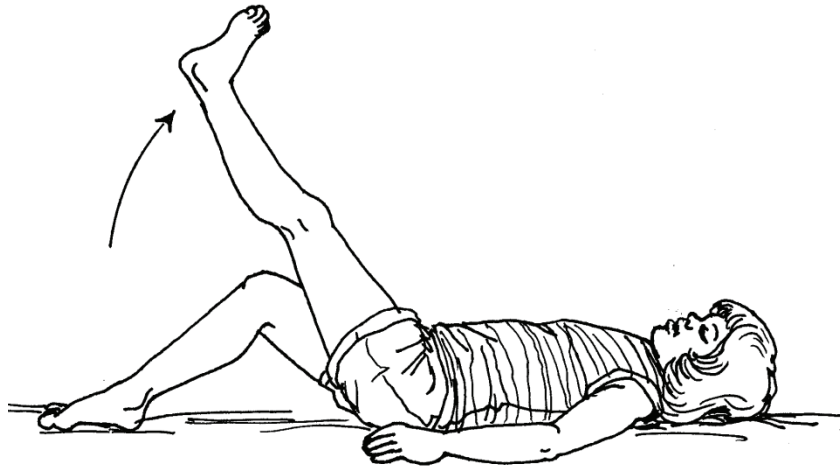




3. Straight Leg Raises:

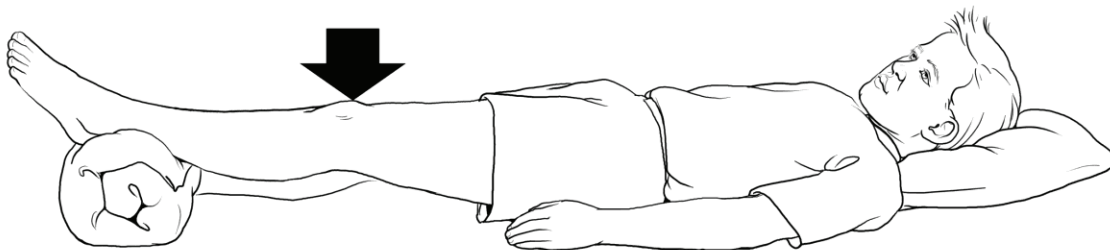
Lie on your back and bend your left knee. While keeping your right knee straight, lift your right leg up as high as your left knee. Then lower it slowly. Always keep your other foot flat on the floor.

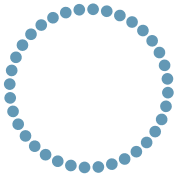
Do this motion 10 times. This exercise should be done 3 times per day.



4. Extension Hangs:

Lie on your back. Place a towel roll under your right ankle. Let gravity pull your knee straight. Do this motion 2 times and hold for 10 to 15 minutes.

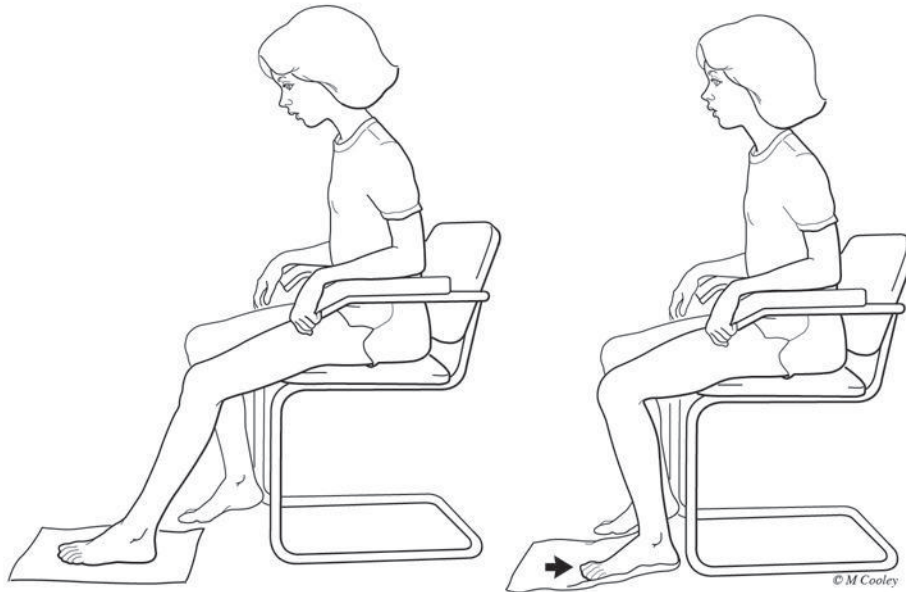




5. Heel slides:

Set brace from 0 to 90 degrees, sit in dining chair as pictured below. Bend the operative knee. Slide your foot on a cloth or paper towel backward to about 90 degrees. Then use the other leg to slowly straighten the operative knee.

Do this motion 10 times. Hold for 10 seconds. Do these 3 times a day.



Lie down with one knee bent. Gently bend operative knee to about 90 degrees. Slide your heel on the surface toward your body. Then use the other leg to slowly straighten the operative knee.

Do this motion 10 times. Hold for 10 seconds. Do these 3 times a day.

