

## **ACL PROTOCOL EXERCISES – No Meniscal Repair**

Dr. Gehrman

### **DAY 1**

#### **QUAD SETS**

**Directions:** Sitting or lying down, straighten the involved knee (**A**). Tighten the quadriceps muscle by pushing the back of the knee into the bed (**B**). Note: If your patella (“knee cap”) does not move, you are probably not tightening the muscle correctly. Relax and try again.

Hold **6** seconds. Repeat **30** times **4** times a day.



A



B

## DAYS 2-7

### STRAIGHT LEG RAISES

**Start straight leg raising in the brace ONLY IF you are able to keep the knee perfectly straight.**

*(Note: Picture shows the exercise without the brace to emphasize keeping the knee straight.)*

**Directions: Flexion:** Lying on your back, bend your uninvolved knee and straighten the involved leg **(A)**. Raise the involved leg up off the bed approximately 10 inches **(B)**. Return to the starting position.

Repeat 20 times 3 times a day.

**A**



**B**



### PATELLAR MOBILIZATION

**Directions:** Sit with the leg straight. Using your fingers around the patella or the heel of your hand, *gently* push the patella:

- (A)** Down toward the ankle
- (B)** Up toward the hip
- (C)** To the outside
- (D)** To the inside

Hold \_\_\_\_\_ seconds

Repeat \_\_\_\_\_ times \_\_\_\_\_ times a day.

**Note: Do not push directly down on the patella, as this may cause irritation under the patella.**

**A**



**B**



**C**



**D**



## **DAYS 7-14**

### **HEEL / WALL SLIDES**

Hold \_\_\_\_\_ seconds

Repeat \_\_\_\_\_ times \_\_\_\_\_ times a day

**Directions: Heel Slides:** Lying down with your leg straight (**A**), slowly slide the heel toward the buttock (**B**). Slide to the point of stretch, then return to starting position (**A**). Each slide should be easier than the previous one.

**A**



**B**

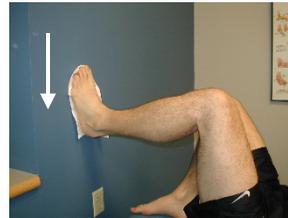


**Wall Slides:** Lying on your back, place the foot of the involved leg on the wall (**C**). Slide your foot down toward the floor (**D**). Keep your foot flat on the wall. You can place a towel or pillow case over your foot to allow it to slide more easily. Slide to the point of stretch, then return to starting position (**C**).

**C**



**D**



## PRONE HANGS

**Prone Hangs:** Lying on your stomach with your leg hanging off the edge of the bed, place a towel roll just above the knee (**A**). Relax and allow gravity to straighten the knee (**B**).

Place a \_\_\_\_\_# weight on the ankle as directed by the therapist.

**A**



**B**



### STRAIGHT LEG RAISES

**Directions: Flexion:** Lying on your back, bend your uninvolved knee and straighten the involved leg (**A**). Raise the involved leg up off ☆ the bed approximately 10 inches (**B**). Return to the starting position. (Note: When using weights, place \_\_\_\_# above the knee – see )

**A**



**B**



**Abduction:** Lying on your uninvolved side, bend your uninvolved knee and straighten the involved leg (**C**). Raise the involved leg up off the bed approximately 10 inches (**D**). Return to the starting position.

**C**



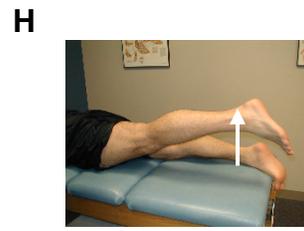
**D**



**Adduction:** Lying on your involved side, bend your uninvolved knee and place it in front or behind the involved leg (**E**), or support it on a chair. Straighten the involved leg and raise it up off the bed approximately 10 inches (**F**). Return to the starting position.

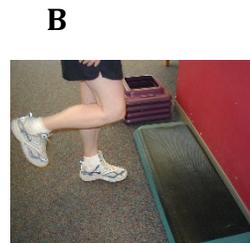


**Extension:** Lying on your stomach, keep the involved knee straight (**G**). Lift the leg up toward the ceiling (**H**). Note: If this causes low back pain, try putting a pillow under the stomach. The leg does not have to be raised more than 6-10 inches from the floor.



## HAMSTRING CURLS

**Directions:** Standing next to a table for support (**A**), try to bend your knee by bringing your heel toward your buttock (**B**). When able, add a \_\_\_\_\_# weight at the ankle.



## BRIDGING

**Directions:** Lying on the floor bend the hips and knees as shown **(A)**. Lift the hips off the floor **(B)**.

**A**



**B**



*Progress to:*

**SINGLE LEG BRIDGE:** Supporting yourself with the involved leg, lift the opposite leg **(C)**.

**C**

