

ACL Injury Prevention Exercises

1. Squats

Perform a deep squat while keeping your weight shifted towards the back of your heels and with your arms reaching forwards. Keep your knees aligned over your second or third toes. Do NOT let your knees move forward beyond your toes.

The deeper that you are able to squat, the greater your hamstrings contract which helps to protect the ACL.

Perform 2-3 sets of 10 reps.



2. Single Leg Squat with ground touch

Stand on one foot and squat down on one leg. Keep your knee aligned over your second or third toe. Squat as deeply as you can with control and good technique.

While in the squatting position, touch the ground with your opposite hand and then return to the upright position.

Perform 1-2 sets of 10 reps with each leg.



3. Single leg hip hinge with ground touch

Stand on one foot with your knee slightly bent. Maintain this slightly bent knee position throughout the entire exercise. Bend forward from your hip and touch the ground with your opposite hand. Return to the upright position. Perform 2 sets of 10 reps each leg.



4. Walking lunge with a twist

Perform a forward lunge while twisting towards the same side as the forward leg. Lunge forward with the opposite leg and twist towards the same side as the forward leg. Repeat 10 times for each leg.



5. Sidelying Hip Abduction

Lie on your side and lift your top leg towards the sky while keeping your leg in line with your trunk. Do NOT let your leg migrate forward even a tiny bit. It needs to be in line with your trunk or slightly behind you otherwise it negates the benefit of the exercise.

Perform 2 sets of 10-15 reps for each leg.



6. Bridging with tiny steps

Lie on the ground with your knees bent. Push through your feet and lift your bottom up off the ground so that there is a straight line through your shoulders, hips, and knees. Lift one foot off of the ground several inches while keeping your pelvis level. Lower your leg and then lift your opposite leg several inches off the ground while maintaining a level pelvis.

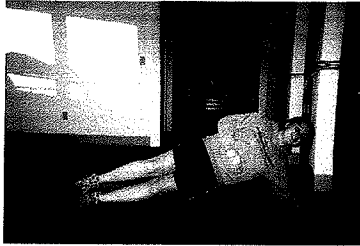
Perform for 1 minute.



7. Side Bridge

Lie on your side while supporting yourself on a bent elbow. Lift your side off the ground so that only your elbow and feet are supporting your body.

Hold 5 seconds and repeat for 5x's on each side.



8. Ice Skater

Bound from side to side while landing with your knee bent. Hold for several seconds and then bound to the other side. May also perform while moving forwards or while moving backwards.

Repeat for 2 sets of 10 reps.



9. Forward Stabilization Jumps

Jump forwards while landing on both feet with your knees bent and aligned over your second or third toes. Hold for several seconds. Repeat for 6-10 reps.



10. Lateral Stabilization Jumps

Jump sideways while landing on both feet with your knees bent and aligned over your second or third toes. Hold for several seconds. Repeat 4-5x's to each side.



11. Rotational Stabilization Jumps

Jump ~135 degrees while turning in the air. Land on both feet with your knees bent and aligned over your second and third toes. Hold for several seconds and then return to the forward facing position. Jump ~ 135 degrees while turning in the air in the opposite direction. Repeat 4-5x's to each side.



12. Band Walking

With a band wrapped around your ankles and while keeping your feet wide apart, walk forwards, backwards, and sideways to each side. Make sure to keep your trunk upright while walking. Perform for 10 yards each direction.

