

## ACL PreHab

### Range of Motion

#### **Stationary Bike:**

Daily, no resistance is necessary

#### **Heel Slides: heel slides with strap** [https://www.youtube.com/watch?v=lab6d\\_vBRjU](https://www.youtube.com/watch?v=lab6d_vBRjU)

Use your hamstring and/or a strap to pull your heel towards your buttocks while lying on your back.

10 reps of 5 second holds, 3-5 times per day

#### **Prone Hangs:** <https://www.youtube.com/watch?v=syHONdwbJuw>

Lie on your stomach and let your foot hang off the edge of a bed or table.

Hold this position for 5 minutes.

You can use the opposite foot to add gentle downward pressure, as needed.

### Strengthening

#### **Quad Sets:** <https://www.youtube.com/watch?v=D0WikGbm1xs>

Lying on your back with your knee straight, attempt to contract your quad muscles (muscles on front of your thigh) for 5 seconds as strongly as possible.

- When contracting your quad muscles, your knee should press down towards the ground.

Repeat 10 times, 3-5 times per day.

#### **4-Way Straight Leg Raise:** [https://www.youtube.com/watch?v=-8MV0sX-C\\_k](https://www.youtube.com/watch?v=-8MV0sX-C_k)

10 reps in all four directions = 1 set; do 3-5 sets per day:

- Flexion (front of hip)
- Abduction (outside of hip)
- Extension (backside of hip)
- Adduction (inside of hip)

#### **Duck Walks:** <https://www.youtube.com/watch?v=5wUk8wQNUT8>

Side to side steps with band: 2-4 minutes per day