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ACL Rehabilitation Patient Exercises

1. Heel Props:

- Place the heel on a rolled towel making sure the heel is propped high enough to lift the thigh off the table.
- Allow the leg to relax into extension.
- 3 - 4 times a day for 10 - 15 minutes at a time.



Figure 1: Heel prop using a rolled towel.

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2. Prone hang exercise:

- Lie face down on a table with the legs hanging off the edge of the table.
- Allow the legs to sag into full extension.



Figure 2: Prone Hang. Note the knee is off the edge of the table.

3. Wall Slides

- Lie on the back with the involved foot on the wall and allow the foot to slide down the wall by bending the knee. Use other leg to apply pressure downward.

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Figure 3: Wall Slide. Allow the knee to gently slide down.

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4. Heel Slides

- Pull heel toward buttocks, flexing the knee. Hold for 5 seconds; 15 repetitions 3 times per day
- May use hands or towel to assist.



Figure 4: Heel Slide. Leg is pulled toward buttocks.

5. Sitting Assisted Knee Flexion

- Sit on edge of bed and use the non-operative leg to assist surgical leg by supporting and lowering it. Use nonsurgical leg to raise the involved leg back up. Hold for 5 seconds; 15 repetitions 3 times per day.
- May use good leg to push surgical leg into further flexion as needed.

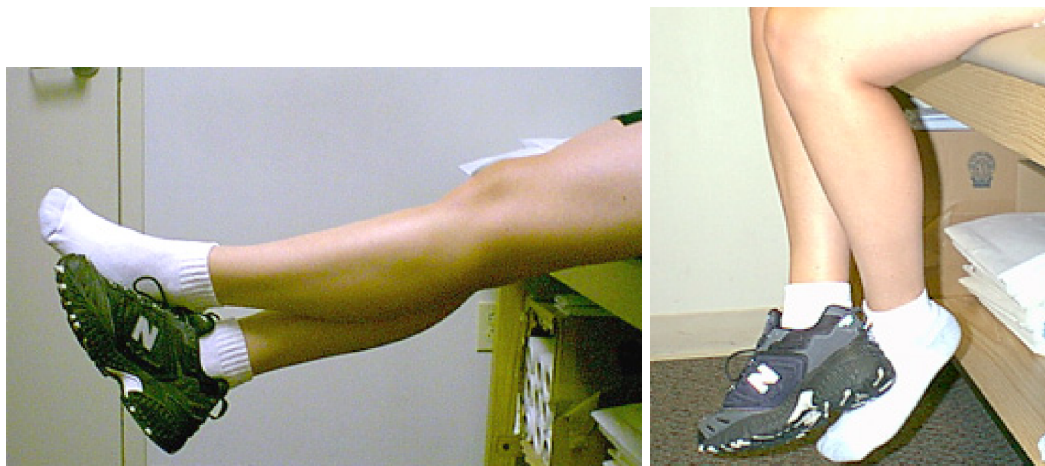


Figure 5: Good leg helps lift operative leg. Gravity is then used to allow knee to flex down

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6. Supine Straight Leg Raises

- Lying on back, tighten quad muscle and point toes toward your head; lift leg off bed while keeping knee straight. Lift leg about one foot off bed. Do 15 repetitions 3 times per day.

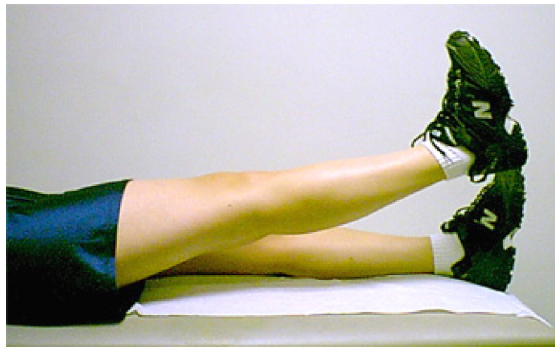


Figure 6: Straight Leg Raise

7. Quad Sets

- Either lying or sitting, tighten the muscle on top of your thigh. Hold for 5 seconds and repeat ten times per hour when awake.



Figure 7: Quad sets

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8. Ankle Pumps

- Move foot up and down to help move swelling out of ankle and to help prevent blood clots.



Figure 8: Ankle Pumps

9. Patellar Mobilization

- Manually move patella side to side and up/down using your hands. Repeat for 1-2 minutes 3 times per day.



Figure 9: Patellar mobilization