





Rocky Mountain
Orthopaedics

Physical Therapy

ACL Reconstruction Rehabilitation

The following exercises are commonly used for rehabilitation following ACL reconstruction surgery. However, each knee surgery is unique and each person's condition is unique. We recommend that you consult with your physician or physical therapist before performing these exercises

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<p>ACL Reconstruction Phase 1-Week 1 Ball Roll Roll ball back and forth to bend and fully straighten your knee. 10 - 30x</p>		
<p>Butt Lift Lift your butt trying to make a straight line from your ankle to shoulder. 10 - 30x</p>		
<p>Knee Straightening Press your thigh down to fully straighten your knee. A rolled up towel under your heel may help further straighten the knee. Hold for 10 seconds repeat 10X</p>		
<p>Quad Set Sit with your leg straight and tighten your thigh muscle as firmly as possible. 10-30x</p>		




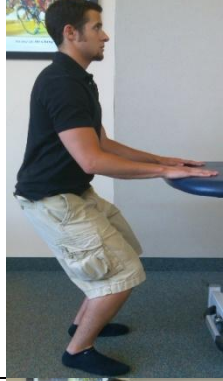

Patellar Mobilization

Moving your kneecap from side to side and up and down can help to minimize the complication of scar tissue formation after surgery. It takes a bit of practice to become comfortable with this exercise but it's worth the effort. You should perform this exercise 3-6 times per day.







1. Position your knee as straight as possible and comfortably supported.
2. Use the sides of your index fingers to glide your knee cap from side to side (direction 1) 10 to 30 times trying to increase the motion of your kneecap.
3. Use the tips of your index fingers to move your patellar tendon from side to side (direction 2) 10 to 30 times trying to increase the motion of your kneecap.
4. Move your knee cap up and down (direction 3) 10 to 30 times trying to increase the motion of your kneecap.








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<p>ACL Reconstruction Phase 2-Week 2 Ball Straight Leg Raise Keeping your leg straight lift your leg until you feel a stretch in the back of your leg. 10 - 30x</p>	
<p>Heel Raise Raise and lower your body while standing. Emphasize keeping your knees straight. 10 - 30x</p>	
<p>Calf Stretch Keep your back leg straight and foot straight forward as you lean forward to stretch the back of your lower leg. Hold 10 seconds repeat 5x</p>	
<p>Squat With your feet shoulder width apart squat down. Only squat as deep as you are comfortable. 10 - 30x</p>	
<p>Knee Bend A Keep your knees parallel and bend your knee lifting your heel toward your butt. 10 - 30x</p>	

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<p>Knee Bend B Bend your knee by sliding your ankle parallel to your other leg. 10 - 30x</p>	
<p>Side Leg Lift Lie on your side with your back and shoulders against the wall. Keep your foot horizontal, leg straight and close to the wall as you lift 12 inches. 10 - 30x</p>	
<p>Knee Bend Bend your knee as you move your foot towards your butt as far as comfortably possible. 10 - 30x</p>	
<p>Leg Lift Keep your leg straight and lift it 12 inches off of the table. 10 - 30x</p>	
<p>Stool Scoot While seated on a stool pull yourself across the floor. 20 to 50 pulls with each leg.</p>	
<p>Cycle Cycle at a low resistance. 5 - 20 minutes</p>	

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<p>ACL Reconstruction Phase 3-Week 3 Butt Lift March Hold your butt up while alternating lifting one leg. 10 - 30x</p>		
<p>Butt Lift / Ball Roll Simultaneously lift your butt and roll the ball toward your butt. 10 - 30x</p>		
<p>Side Stepping Place resistance band around your ankles and walk sideways keeping your feet pointed straight forward. Avoid leaning your upper body or sliding your foot. 10 - 30 steps each direction</p>		
<p>Backward Zig Zag Keep your trunk straight forward and legs straight as you step back and outward 45 degrees. 10 - 30 steps each direction</p>		
<p>Step Up Step up and down on a step leading with your right leg. 10 - 20x each leg.</p>		

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ACL Reconstruction

Phase 4-Week 4

Step Down

Balance on your right leg as you reach down to lightly touch the floor with your left foot.

10 – 20x each leg



3 Point Balance

Stand on your left leg with your knee slightly bent. Maintain alignment of your left leg while pointing forward, sideways and back with your right leg.

3 cycles of 3 points on each leg.



Kettle Bell Swings

Stand on your left leg with your knee slightly bent and weight in right hand. Swing the weight back and forth while maintaining balance and leg alignment.

Perform twenty swings then switch legs – repeat twice each side.



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BOSU Squat

Stand on a BOSU ball with your feet shoulder width apart and squat down. Only squat as deep as you are comfortable.

10 - 30x



Roman Chair Anterior

Sit with your butt slightly over the edge of the support and lean back until you sense your back starting to arch and then return to upright.

10 - 30x



Roman Chair Posterior

Hang with your thighs supported by the support and raise to just above horizontal. Tighten your abs as you rise.

10 - 30x

