






ACL Prehab Exercises



You can follow along with the pictures below, or scan the QR code which will take you to video instruction on how to perform the exercise.

Access Code: L3NL3EW9

ACL Prehab exercises should be completed 2x/day. These exercises should be performed on both legs.

<p>Supine Quad Set</p> 	<ul style="list-style-type: none"> • Begin lying on your back with one knee bent and your other leg straight with your knee rest on a towel. • Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.
<p>Supine Heel Slide</p> 	<ul style="list-style-type: none"> • Begin lying on your back with your legs straight • Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide is back out and repeat.
<p>Active Straight Leg Raise</p> 	<ul style="list-style-type: none"> • Begin lying on your back with one knee bent and the other leg straight • Engaging your thigh muscles, slowly lift your straight leg until it is parallel with you other thigh, then lower back to the starting position and repeat.
<p>Straight Leg Raise with External Rotation</p> 	<ul style="list-style-type: none"> • Begin by lying on your back with one knee bent and your other leg lying flat. • Slowly rotate your straight leg outward, then tighten you abdominal muscles and left until it is parallel with your other thigh.
<p>Side lying Hip Abduction</p> 	<ul style="list-style-type: none"> • Begin lying on your side with your top leg straight and your bottom leg bent. • Left your top leg up toward the ceiling then slowly lower it back down and repeat.

Clamshells



- Begin lying on your side with your knees bent and your hips and shoulders stacked
- Engage your abdominals and raise you top knee toward the ceiling, then slowly return to the starting position and repeat