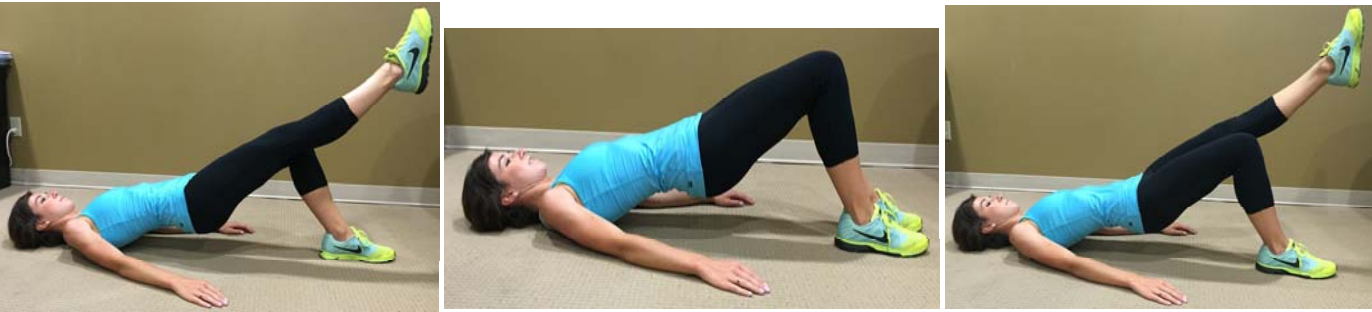



ACL Injury Prevention Program Exercises

Practice these exercises on your own and with your team.

Always warm up before any exercise or playing. Get blood circulating to your muscles and joint before you start your exercises, game or practice.


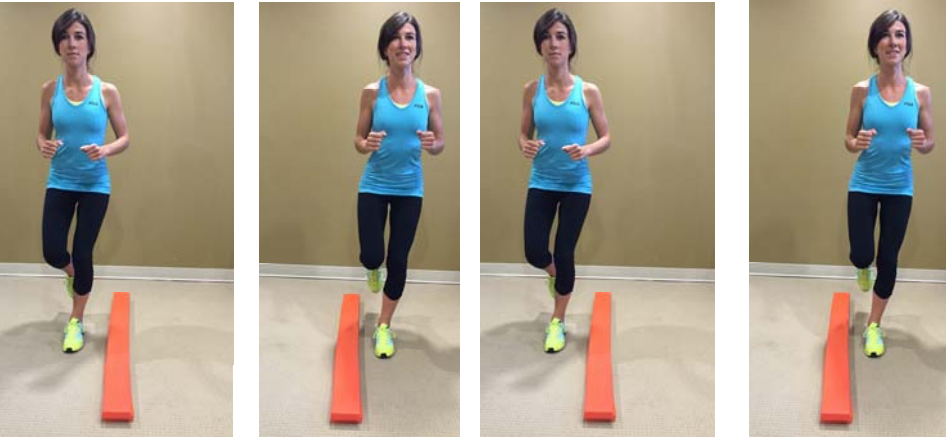
Stretch. Being flexible enough to move freely can help you maintain ideal form. Include stretches for your thighs, calves, and hips, and pay particular attention to any areas that are especially tight.

| SUPINE BRIDGE WITH KNEE EXTENSION AND PELVIC FLOOR CONTRACTS | | Recommended |
|---|--|--|
| | | Reps: 10 Sets: 3 Hold: 5s Weekly: 3x Daily 1x |
|  | | <p>Set-up Begin lying on your back with your legs bent and feet resting on the ground.</p> <p>Movement Contract your pelvic floor muscles, then tighten your buttocks and lift your hips off the ground to a bridge position. Keep your pelvis lifted and straighten one knee, then return that foot to the ground and repeat with your other leg.</p> <p><i>Make sure to keep your abdominal and pelvic muscles tight as you straighten each leg.</i></p> |

| SUPINE HAMSTRING CURL ON EXERCISE BALL | | Recommended |
|--|--|---|
| | | Reps: 10 Sets: 3 Hold: 5s Weekly: 3x Daily 1x |
|  | | <p>Set-up Begin lying on your back with your legs straight and feet resting on an exercise ball.</p> <p>Movement Lift your hips off the floor into a bridge position. Roll the ball toward you with your heels while maintaining the bridge position, then straighten your legs and repeat.</p> <p><i>Make sure to keep your back straight and do not let your hips fall to the ground.</i></p> |




ACL Injury Prevention Program Exercises

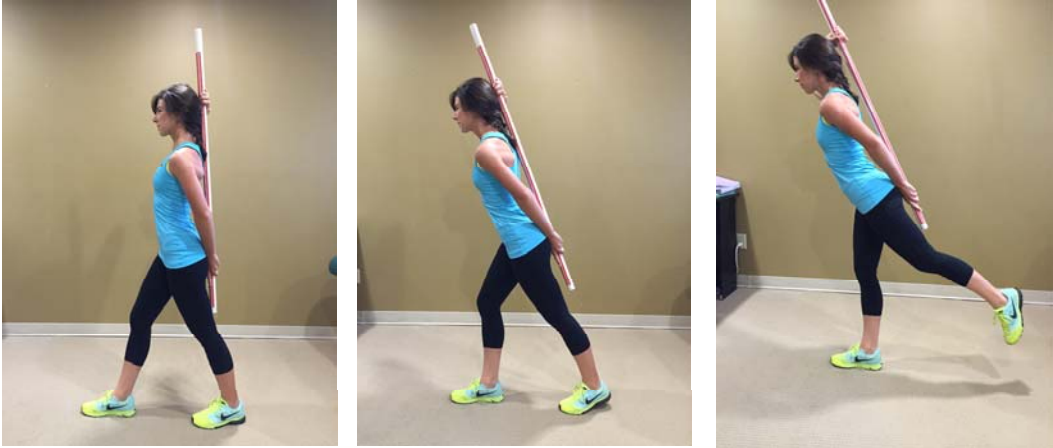
| | | | | |
|---|--|--|--|--|
| <h2>FORWARD AND BACKWARD SINGLE LEG JUMPS</h2> | | | | <p>Recommended Reps: 10 Sets: 3 Hold: 5s Weekly: 3x Daily 1x</p> |
|  | | | | <p>Set-up Begin in a standing upright position, balancing on one foot, with a line in a straight path in front of you.</p> <p>Movement Jump forward continuing along the line with the same foot, then jump backwards in the same manner, and repeat.</p> <p><i>Make sure not to let your knee collapse inward as you land from each jump, and keep your foot facing forward.</i></p> |
| <h2>SINGLE LEG JUMPS CRISS-CROSS FORWARD AND BACKWARD</h2> | | | | <p>Recommended Reps: 10 Sets: 3 Hold: 5s Weekly: 3x Daily 1x</p> |
|  | | | | <p>Set-up Begin in a standing upright position, balancing on one foot, with a line in a straight path in front of you.</p> <p>Movement Jump forward continuing along the line with the same foot, crossing over the line with each jump. When you reach the end of the line, jump backwards along the line in the same manner, and repeat.</p> <p><i>Make sure not to let your knee collapse inward as you land from each jump, and keep your foot facing forward.</i></p> |

ACL Injury Prevention Program Exercises

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| <p>SINGLE-LEG QUARTER SQUAT</p> | <p>Recommended Reps: 10 Sets: 3 Hold: 5s Weekly: 3x Daily 1x</p> |
|  | <p>Set-up Begin in standing upright position. Lift one foot off the ground.</p> <p>Movement Bend slightly at your knee and hip into a mini squat position, then straighten your leg and repeat.</p> <p><i>Make sure to keep your back straight during the exercise and maintain your balance. Your knee should not move forward past your toes.</i></p> |
| <p>LATERAL HOPPING ON LEVEL GROUND</p> | <p>Recommended Reps: 10 Sets: 3 Hold: 5 Weekly: 3x Daily 1x</p> |
|  | <p>Set-up Begin in a standing upright position with your feet slightly wider than shoulder width apart.</p> <p>Movement Jump sideways, taking off with both feet, and landing with both feet.</p> <p><i>Make sure to stick the landing and don't let your knees collapse inward at any point.</i></p> |


ACL Injury Prevention Program Exercises

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| <h2>LUNGE WITH DOWEL ROD VERTICAL</h2> | <p>Recommended</p> <p>Reps: 10 Sets: 3 Hold: 5s Weekly: 3x Daily 1x</p> |
|  | <p>Set-up Begin in a standing upright position while holding a dowel rod vertically against your back. You can also use a broom stick or mop handle.</p> <p>Movement Keeping your trunk upright, step forward and lower your body toward the ground, then carefully return to the starting position.</p> <p><i>Make sure not to let either knee collapse inward and keep your trunk steady during the exercise. The dowel rod should remain in contact with your back and neck throughout the movement.</i></p> |

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|---|--|
| <h2>SINGLE LEG SQUAT HIP HINGE WITH DOWEL</h2> | <p>Recommended</p> <p>Reps: 10 Sets: 3 Hold: 5s Weekly: 3x Daily 1x</p> |
|  | <p>Set-up Begin in a standing upright position, holding a dowel rod vertically against your head and back. You can also use a broom stick or mop handle.</p> <p>Movement Balancing on one leg, slowly bend forward with your hips and knees, lowering your body towards the ground.</p> <p><i>Make sure to keep your back straight during the exercise and do not let your knee collapse inward.</i></p> |

ACL Injury Prevention Program Exercises

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|---|--|
| <h2>LATERAL LUNGE</h2> | <p>Recommended</p> <p>Reps: 10 Sets: 3 Hold: 5s Weekly: 3x Daily 1x</p> |
|  | <p>Set-up Begin in a standing upright position with your feet shoulder width apart and arms resting at your side.</p> <p>Movement Step to the side with one leg, lowering your body into a lunge position, then carefully return to the starting position. Repeat on each side.</p> <p><i>Make sure not to let your knees collapse inward during the exercise.</i></p> |
| <h2>LATERAL HOPPING ONTO PLATFORM</h2> | <p>Recommended</p> <p>Reps: 10 Sets: 3 Hold: 5s Weekly: 3x Daily 1x</p> |
|  | <p>Set-up Begin in a standing upright position next to a platform or raised surface.</p> <p>Movement Jump sideways onto the platform and land softly on both feet.</p> <p><i>Make sure not to let your knees collapse inward during takeoff and landing.</i></p> |

| SEATED DIAPHRAGM BREATHING | | Recommended Reps: 10 Sets: 3 Hold: 5s Weekly: 3x Daily 1x |
|--|--|--|
|  | | <p>Set-up Begin sitting in an upright position with one hand on your upper belly and your other hand on your chest.</p> <p>Movement Take a deep breath in, feeling your stomach expand against your hand, then breathe out. Repeat.</p> <p><i>You should not feel any movement in your chest as you breathe.</i></p> |