

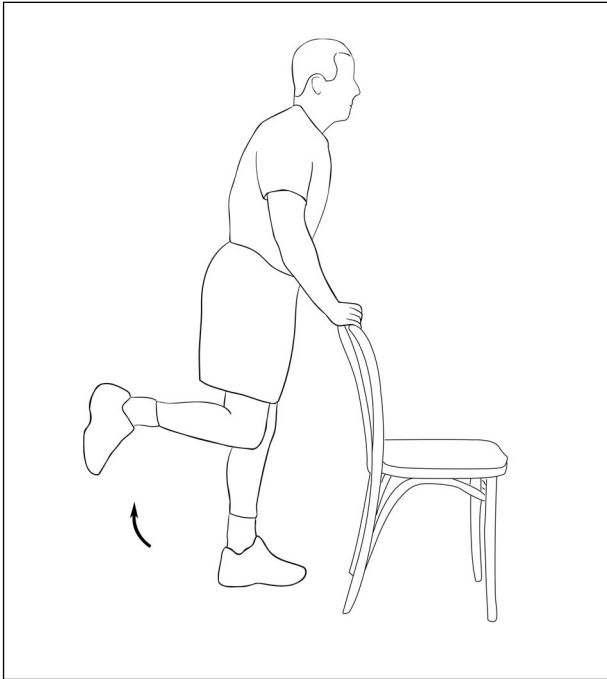
Exercise Program for: [patient's name]

Prepared by: [physician info]

# HOME EXERCISE PROGRAM FOR ACL TEAR

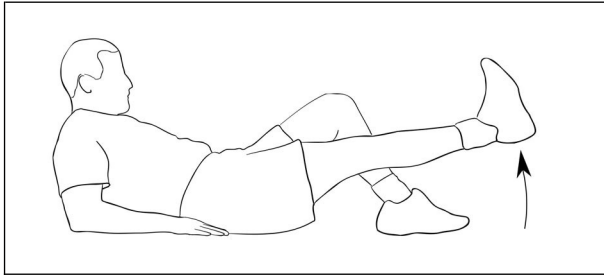
Perform all five exercises, in the order listed. After each exercise session, apply ice (such as a bag of crushed ice or a bag of frozen peas) to the knee for 20 minutes, keep the leg elevated, and apply a compression bandage to the knee. If pain or swelling increases at any time or if it does not improve after you have adhered to the program for 3 to 4 weeks, call your doctor.

| Exercise Type               | Muscle Group             | Number of Repetitions/Sets | Number of Days per Week | Number of Weeks |
|-----------------------------|--------------------------|----------------------------|-------------------------|-----------------|
| Hamstring curls (standing)  | Hamstrings               | 20 repetitions/3 sets      | 4 to 5                  | 3 to 4          |
| Straight-leg raises         | Quadriceps               | 20 repetitions/3 sets      | 4 to 5                  | 3 to 4          |
| Hip abduction               | Gluteus medius           | 20 repetitions/3 sets      | 4 to 5                  | 3 to 4          |
| Straight-leg raises (prone) | Gluteus maximus          | 20 repetitions/3 sets      | 4 to 5                  | 3 to 4          |
| Wall slides                 | Quadriceps<br>Hamstrings | 20 repetitions/3 sets      | 4 to 5                  | 3 to 4          |



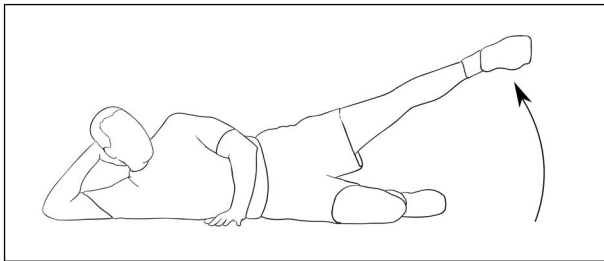
## HAMSTRING CURLS

Stand on a flat surface with your weight evenly distributed on both feet. Hold onto the back of a chair or the wall for balance. Bend the injured knee, raising the heel of the affected leg toward the ceiling as far as you can without pain. Hold this position for 5 seconds and then relax. Perform 3 sets of 20 repetitions, 4 to 5 days a week, continuing for 3 to 4 weeks.



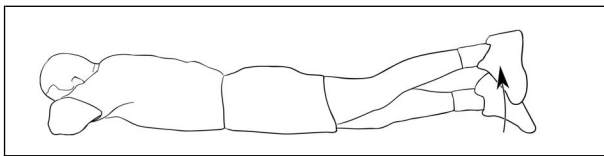
## STRAIGHT-LEG RAISES

Lie on the floor, supporting your torso with your elbows as shown. Keep the injured leg straight and bend the other leg at the knee so that the foot is flat on the floor. Tighten the thigh muscle of the injured leg and slowly raise it 6 to 10 inches off the floor. Hold this position for 5 seconds and then relax. Perform 3 sets of 20 repetitions, 4 to 5 days a week, continuing for 3 to 4 weeks.



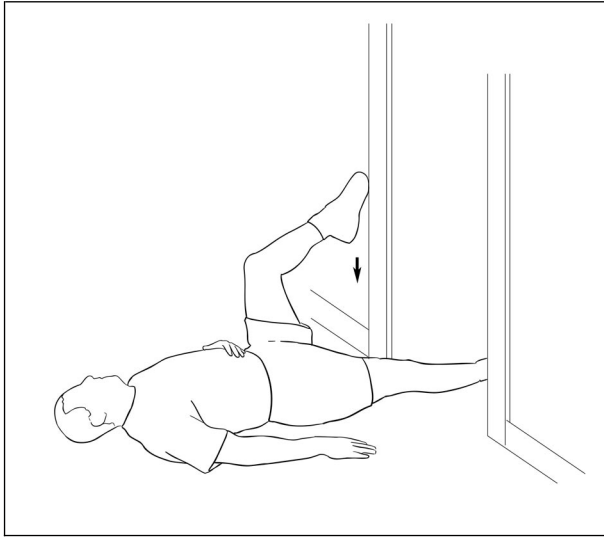
## HIP ABDUCTION

Lie on your side with the injured side on top and with the bottom leg bent to provide support. Slowly raise the top leg to 45°, keeping the knee straight. Hold the position for 5 seconds. Slowly lower the leg and relax it for 2 seconds. Perform 3 sets of 20 repetitions, 4 to 5 days a week, continuing for 3 to 4 weeks.



## STRAIGHT-LEG RAISES (PRONE)

Lie on the floor on your stomach with your legs straight. Tighten the hamstrings of the injured leg and raise the leg toward the ceiling as far as you can. Hold the position for 5 seconds. Lower the leg and rest it for 2 seconds. Perform 3 sets of 20 repetitions, 4 to 5 days a week, continuing for 3 to 4 weeks.



## WALL SLIDES

Lie on your back with the uninjured leg extending through a doorway and the injured leg extended against the wall. Let the foot gently slide down the wall. Hold the position of maximum flexion for 5 seconds and then slowly straighten the leg. Perform 3 sets of 20 repetitions, 4 to 5 days a week, continuing for 3 to 4 weeks.