

# Exercise Program for ACL Tear

After an ACL tear, performing home exercises can help you regain strength and function in your knee.

There are 5 exercises in this program: Heel Slides, Quad Sets, Hamstring Curls, Straight Leg Raises, and Side Lying Straight Leg Raises.

Start each exercise slowly. A little discomfort is normal, but stop any exercise that causes pain.

Now, let's get started.

To do heel slides: Lie on your back with your legs straight in front of you.

Slide the heel of your affected leg along the floor toward you, keeping your foot flexed.

Move it as close to your bottom as you comfortably can.

Hold for 5 to 10 seconds. Then slide your heel back.

Repeat 10 times.

To do quad sets: Sit on the floor with your affected leg straight. Your other leg can be straight or bent.

Flex the foot of your straight leg by bringing your toes toward you.

Press the back of your knee into the floor while tightening the muscle on the top of your thigh.

Hold for 5 seconds. Then relax.

Repeat 10 times.

To do hamstring curls: Lie on your stomach with your knees straight. You may place a pillow under your pelvis for comfort, if desired.

Lift the foot of your affected leg up towards your buttocks. Then slowly lower your leg back to the floor.

Repeat 10 times.

To do straight leg raises: Lie on your back with your affected leg straight in front of you.

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Bend your other knee up so your foot is flat on the floor.

Flex the foot of your straight leg by bringing your toes toward you. Then press the back of your knee into the floor to tighten your thigh muscles.

Raise your straight leg about 8 inches off the floor, about the height of your opposite knee.

Hold for 5 seconds, then lower slowly.

Repeat 10 times.

To do side lying straight leg raises:

Lie on your side with your affected leg on top. Straighten your top leg and bend your bottom leg for support.

Slowly raise your top leg until it is inline with your upper body, keeping your knee straight.

Hold for 5 seconds, then slowly lower your leg and relax.

Repeat 10 times.

Talk to your healthcare provider or physical therapist about these exercises and others to improve function in your knee.