Post-Operative ACL Exercises

Level 1: Recovery for 1-4 weeks after surgery

Perform these exercises 1-3 times per day, only within pain-free range of motion. Stop the activity if it causes increased pain.

1) Long Sitting Towel Calf Stretch

- Sit up with good posture and place towel on the bottom of your foot, while holding on to the ends.

2) Supine Hamstring Stretch

- Sit up and place towel over your foot (with your brace on), while holding on to the towel with both hands.
3) **Quad Sets**

- Lie down on your back and bring your leg up until you feel a stretch in the back of your leg. Hold this for 30 seconds. Repeat this twice, holding 30 seconds each time.

4) **Ankle Pumps**

- Lie on your back, or sit in a chair.
- Lift your ankles and toes up, then point them down. Repeat this for 2 sets of 10 repetitions.
5) **Heel Slides**

- Sit down with a towel over your foot.

6) **Prone Hip Extension**

- Slide your foot back by pulling the towel with your arms. Bend your knee as far as you can (until you feel pain or tightness, then stop). Hold knee bent for 3-5 seconds. Continue to bend and straighten your knee for 2 sets of 10 repetitions.

- Lie on your stomach with your head on a pillow and your brace on.

- On your stomach, lift your leg up with your knee completely straight.

- Continue this for 2 sets of 10 repetitions.