

ACL PREVENTION PROGRAM

Dynamic Warm Up.....

Complete at the start of every session

~2 minutes for each exercise

1 Jogging Forward and Backward

Jog forward for ~2 minutes and then jog backwards.

If changing direction or turning around, keep your knees flexed and use 3 steps to slow yourself down.

Increase speed as comfortability increases.

2 Shuttle Run with 5 yard Intervals

With a faster pace, run 5 yards and then come back to the starting point. On the next lap run 10 yards, and then 15 yards. When turning around, keep your knees bent and use 3 steps to slow down. Repeat until time is up.



3 Side/Lateral Shuffling

Stand in a wide stance and a semi squat.

Move feet side to side and shuffle for about 5 yards in one direction. Make sure feet do not cross each other. Stay facing the same way and reverse the motion.



Dynamic Warm Up Cont.

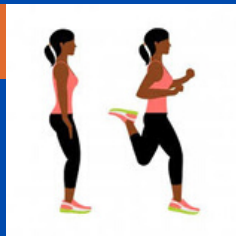
4 High Knees

Move forward, bringing knees high up for about 20 yards



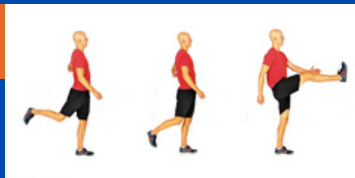
5 Butt Kickers

Move forward, kicking heels to glutes for about 20 yards



6 Leg Swings

Move forward, kicking heels to glutes for about 20 yards



7 Open/Close the Gate

Walk forward, "opening" and "closing" the hips. Alternate hips for about 20 yards



8 Walking Lunges

Lunge forward alternating legs for about 20 yards



Stretches



Complete every session, after dynamic warm up

1 Calf Stretch

Face a wall, place toes on the wall and heel on ground, with your knee straight, to feel a stretch in your calf. Next perform this stretch with a bent knee and sink your knee to touch the wall.

2 Standing Quadricep Stretch

Stand next to a stable surface for balance. Reach back with one hand and grab your ankle on the same side and pull your heel up to your glutes. Repeat on the other leg.

3 Half-kneeling Hamstring Stretch

Kneel on the ground and straighten your left knee out in front of you. Sink your hips back to your right heel - you should feel this stretch in your left hamstrings as you sink further back. Reach your hands to your toes to help hold yourself into the stretch. Repeat on right side.

4 Half-kneeling Hip Flexor Stretch

Get into a position similar to a lunge, sink your right knee down to the ground while the left remains at 90 degrees with your foot planted on the ground. Push your hips forward. You will feel this on the front side of your right hip as you sink further into the stretch. Repeat on left side.

5 Hip Adductor Stretch

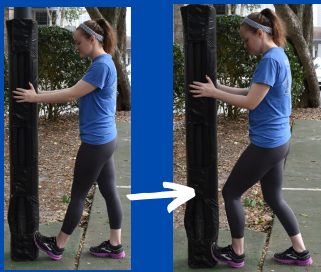
Stand with your feet wider than your shoulders, then perform a lateral lunge to one side. Sink the hips back until you feel a stretch on the inside of the extended leg. Repeat on other side.

Images/Sets/Reps

Stretches

Perform all stretches on both sides
2 sets of 30 seconds

1 Calf Stretch



2 Standing Quadricep Stretch



3 Half-kneeling Hamstring Stretch



4 Half-Kneeling Hip Flexor Stretch



5 Hip Adductor Stretch



Strengthening

Perform 3x a week, alternate with jumping days

Add/Increase weight as tolerated

1 Single Leg Toe-Raises

While standing on one leg, lift your heel off the ground and go on to the ball of your foot.

3 sets of 6 (both sides)



2 Glute Bridges

Keep both feet flat on the ground with your knees at 90 degrees, lift with your glutes into the bridge position with your trunk, hips and upper legs in a straight line. Progress by performing single leg.

3 sets of 12



3 Front and Side Planks

Planks can be on hands or elbows. Maintain a flat back.

For side plank: While on one hand or elbow, stack your feet and put the other hand you are not using on your hip or in the air. Make sure your hip is not touching the ground.

3 sets of 30 second holds





Strengthening Cont.

Perform 3x a week, alternate with jumping days

4

Nordic Hamstring Curls

Kneel on cushion and have a partner hold down both of your ankles. Slowly lower forward towards the ground - put your hands out to catch yourself. Push yourself up to the original starting position.

5

Double-Leg Squat

(progress by adding weight)

With feet facing forward and shoulder width apart, hold a ball near your chest and bend down into a squatting position. Make sure your heels do not come off the ground or move inwards/outwards. Knees should remain facing forward, and bend to 90 degrees. If you cannot maintain proper form, do not go as low.

6

Single-Leg Squat

(progress by adding weight)

With feet facing forward and shoulder width apart, hold a ball near your chest and bend down into a squatting position. Make sure your heels do not come off the ground or move inwards/outwards.

Images/Sets/Reps

Strengthening Cont.

4

Nordic Hamstring Curls

3 sets of 5



5

Double-Leg Squat

3 sets of 5



6

Single-Leg Squat

3 sets of 5



Jump Protocol

Perform 3x a week, alternate with strengthening days

1

Jump Landing

Start on a 30 cm box or stable elevated surface. Jump away from the box to a distance that is 50% of your height. Land with feet in line, and about hip width apart. Ensure that feet are not excessively pronated (flat), and that knees do not collapse to the middle of the body. During landing, the trunk should not lean forward or to the side. Knees should flex to ~90 degrees for a 'soft' and 'quiet' landing.

2

Forward/Backward Hop Over Cone

Face the cone to start. While keeping the feet together, perform a double leg hop over a 4-6" cone. Land with feet together, then hop backwards over the cone.

3

4

Lateral Hop Over Cone

Stand beside the cone and while keeping the feet together, perform a double leg lateral hop over a 4-6" cone. Land with feet together, and then perform a lateral hop back to the starting position.

5

Single Leg Hop Over Cone

Face the cone and perform a single leg hop over a 4-6" cone. Land on the same leg you hopped with, then turn around to face the cone and perform the hop again.

Jump Protocol Cont.

Perform 3x a week, alternate with strengthening days

6

Squat Jumps

Stand in a squat position, with feet hips width apart. Jump up using both legs and reaching arms overhead. Land softly in a squat and go directly into your next jump.

7

Scissor Jumps

Start with feet in a wide, staggered position. Jump up and switch the feet to land in the opposite position. If the right foot started in the front, then it should land behind the body.

8

Bounding in Place

Jump from one leg to the other. During the hop, drive the knee up to increase height. Try to increase knee height and rhythm with each jump.

9

Bounding for Distance

Jump from one leg to the other just like with Bounding in Place. Move the jumps so that they progress forward. Gradually increase the distance covered by each jump.

Video Link

<https://youtu.be/CLuL1pgLG9k>