

## 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.



- Keeping your knee as straight as possible, pull the towel across the foot, so that your toes and foot are being pulled towards you. Repeat for 2 sets of 30 seconds.

### 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.



- 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.

### 3) Quad Sets



- Lie down on your back and place a small rolled towel behind your knee.
- Tighten the muscles at the front of your leg with a towel under your knee, and hold 3-5 seconds. Repeat for 2 sets of 10 repetitions.

### 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.



- 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.

### 6) Prone Hip Extension



- 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.