

Helping Hand™

Anterior Cruciate Ligament (ACL) Exercises

Your child has had surgery to repair one or more ligaments (ACL - anterior cruciate ligament or meniscus) in the knee. These exercises are to be done the first two weeks after surgery.

The knee brace will be unlocked during all the exercises.

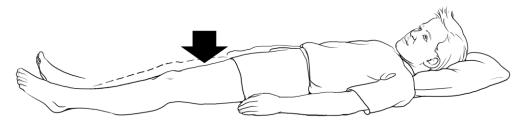
at (phone)	If these exercises are hard to do, please cont	act your physical therapist

☑ 1. Quadricep Set:

Lie on your back. With your leg straight, push the back of your right knee into the mat; tighten the front muscle of your thigh. Repeat with your other leg (Picture 1).

Do these motions $\underline{10}$ times; hold each for $\underline{5}$ seconds. This exercise should be done $\underline{3}$ times per day.

Picture 1



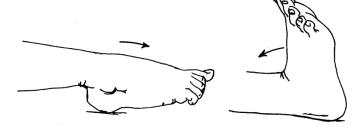
☑ 2. Ankle pump:

Lie on your back. Keep your knee straight and bend your toes upward until you feel a stretch behind the knee. Then point your toes downward. Repeat with the other foot (Picture 2).

Do these motions $\underline{10}$ times; hold each for $\underline{5}$ seconds.

This exercise should be done $\underline{3}$ times per day.

Picture 2

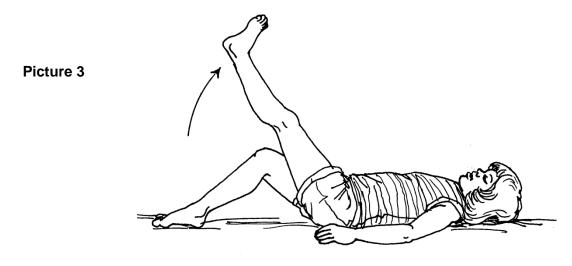


☑ 3. Straight Leg Raises:

Lie on your back and bend your right knee. Lift your left leg up as high as your right knee. Then lower it slowly. Repeat with your right leg. Always keep your other foot flat on the floor (Picture 3).

Do this motion 10 times.

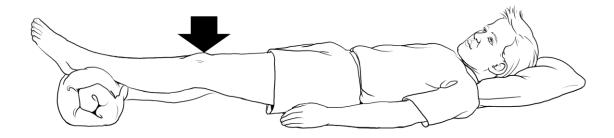
This exercise should be done $\underline{3}$ times per day.



☑ 4. Extension Hangs: Lie on your back. Place a towel roll under your ☐ left ankle ☐ right ankle. Let gravity pull your knee straight (Picture 4).

Do this motion 2 times and hold for 10 to 15 minutes.

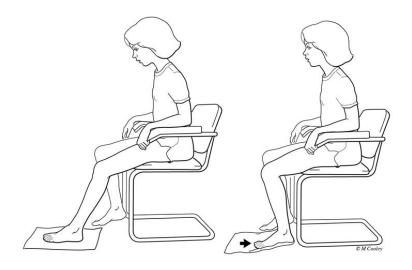
Picture 4



✓ 5. Heel slides: Note: If brace is set 0 to 90 degrees, sit in dining chair as pictured below. Sit on a dining chair. Bend the operative knee. Slide your foot on a cloth or paper towel backward to about 90 degrees (Picture 5).

Do this motion $\underline{10}$ times. Hold for $\underline{10}$ seconds. Do these $\underline{3}$ times a day.

Picture 5



If brace is set 0 to 30 degrees, lie down as pictured below. Lie down with one knee bent. Gently bend operative knee to about 30 degrees. Slide your heel on the surface toward your body (Picture 6).

Do this motion $\underline{10}$ times. Hold for $\underline{10}$ seconds. Do these $\underline{3}$ times a day.

Picture 6

