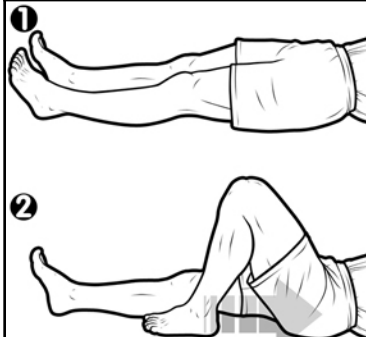


EXAMPLE PROGRAMME

5 EXERCISES PER PAGE

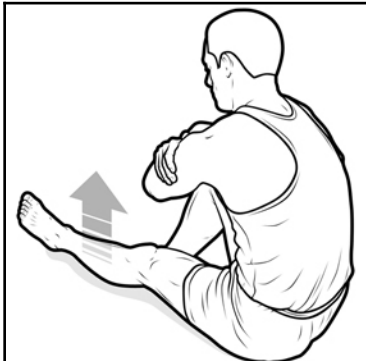
ACL RECONSTRUCTION REHABILITATION



ACTIVE KNEE FLEXION

Lie on your back with your legs straight (1). Slowly slide your heel along the floor towards your buttocks, bending your knee as far as you can (2). Slowly straighten your leg and repeat.

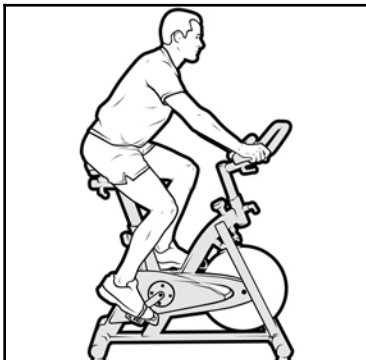
SETS & REPS: 10-20 reps **FREQUENCY: 3-5 x day**



MUNCIE STRAIGHT-LEG RAISE

Sit with your uninjured leg bent and your heel placed beside your opposite knee. Lean forward, hug your knee and rotate your straight leg outwards until your big toe is pointing to 10 o'clock (left leg) or 2 o'clock (right leg). Pull your foot back, contract your quadriceps and raise your leg 1 inch off the floor. Hold for 5 seconds then slowly lower and repeat.

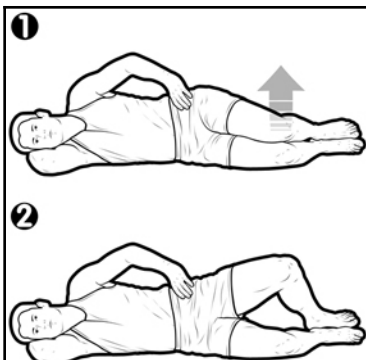
SETS & REPS: 2 x 10 **FREQUENCY: Daily**



STATIONARY BIKE

Use a stationary bike for 20-30 minutes each day.

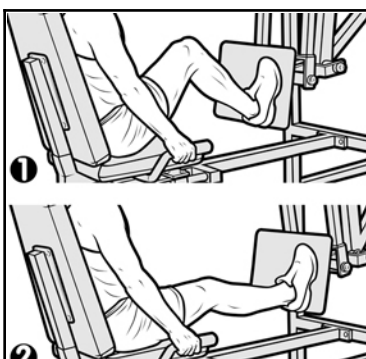
SETS & REPS: 20-30mins **FREQUENCY: Daily**



PGM CLAMS

Lie on your side with your hips bent to 45° and your knees flexed to 90° (1). Raise your top knee as high as you can without your hips rolling back (2). Slowly lower and repeat.

SETS & REPS: 3 x 10-12 **FREQUENCY: Daily**



SINGLE-LEG PRESS

With one foot firmly against the foot-plate (1), push your leg straight (2). Maintain a neutral lumbar spine position throughout the movement. Return to the start position and repeat.

SETS & REPS: 3 x 10-12 **FREQUENCY: 3-4 x week**

