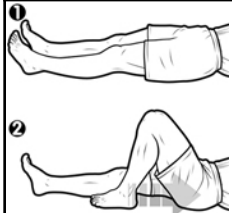

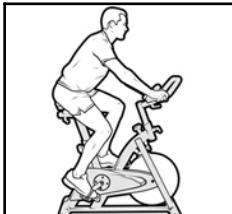
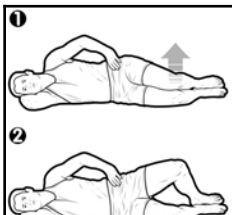



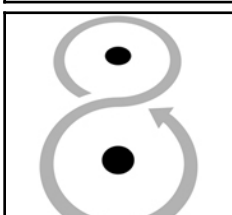


EXAMPLE PROGRAMME

8 EXERCISES PER PAGE

ACL RECONSTRUCTION REHABILITATION

	<p>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.</p> <p>SETS & REPS: 10-20 reps FREQUENCY: 3-5 x day</p>
	<p>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.</p> <p>SETS & REPS: 2 x 10 FREQUENCY: Daily</p>
	<p>STATIONARY BIKE Use a stationary bike for 20-30 minutes each day. Increase resistance as tolerated.</p> <p>SETS & REPS: 20-30mins FREQUENCY: Daily</p>
	<p>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.</p> <p>SETS & REPS: 3 x 15 FREQUENCY: 3-5 x week</p>
	<p>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.</p> <p>SETS & REPS: 3 x 10-12 FREQUENCY: 3-4 x week</p>
	<p>BALANCE DISC: FORWARD LUNGE Lunge forward on to a balance disc. Ensure your knee glides over your second toe.</p> <p>SETS & REPS: 3 x 15-20 FREQUENCY: 3-5 x week</p>
	<p>JOGGING You may now start jogging in a straight line on even ground.</p> <p>SETS & REPS: As tolerated FREQUENCY: 2-3 x week</p>
	<p>CONE DRILL: FIGURE-8 Set up 2 cones. Jog in a figure-8 around the cones, increasing your speed as you become more confident.</p> <p>SETS & REPS: 3 x 10-15 FREQUENCY: Daily</p>



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EXAMPLE PROGRAMME: DIARY

8 EXERCISES PER PAGE

ACL RECONSTRUCTION REHABILITATION

EXERCISE NAME	DAYS OF THE WEEK																												
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
ACTIVE KNEE FLEXION																													
MUNCIE STRAIGHT-LEG RAISE																													
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