



ACL INJURY PREVENTION

David Hill - PT

Program focuses on:

1. Avoidance of the injury
2. Agilities – Good form
3. Flexibility – Every joint
4. Strengthening – Legs / Core
5. Proprioception – Teaching your body where your trunk and legs are in space with good form

15-20 minutes done 3 times a week before practice to obtain the benefits- basketball, soccer, volleyball , lacrosse, etc

TECHNIQUE IS KEY -- land on toes/ bend @ knees/hips . Land soft.

-- Incorrect is landing on flat foot / Knee locked out straight or knee caving in b/c of weak hips or bad technique

Modified PEP

24 Exercises	Dist/times	GOOD FORM	INCORRECT FORM	FOCUS
1. Jog	50 yards	Legs and arms straight	Caving in knees flailing arms	Avoidance
2. Shuttle Run Sidestep	50 yards	Legs to side - knees bent	Knees collapsing in or too straight	Avoidance
3. Backward Run	50 yards	Land on toes and bend knees	Flat foot and snapping knees back so they go straight	Avoidance
4. Calf Stretch	2 x 30 sec	Knee straight	Knee bent / bouncing	Flexibility
5. Quadricep Stretch	2 x 30 sec	Standing knee down	No winging out of knee	Flexibility
6. Hamstring Stretch	2 x 30 sec	Fig 4 stretch	Allowing knee bend	Flexibility
7. Inner Thigh Stretch	2 x 30 sec	Legs far apart	Leg not equal w/ distance apart from midline	Flexibility
8. Hip Flexor Stretch Kneeling –Grab foot Opp. Arm	2 x 30 sec	Back straight	Bending forward	Flexibility Proprioception
9. Walking Lunges	20 Yards	Front knee over ankle. See toes	Knee caves in	Strength Proprioception
10. Single Heel Raises	3 x 5	Slow w/ balance arms by side	Too fast poor balance	Flexibility Proprioception

11. Russian Hamstring	3 x 5	Hip/back/shld er in st line	Bending at the waist	Strength
12. Side Hop *	20 times	Soft landing- toes- knees bent	Flat foot landing knee straight	Plyometrics Proprioception
13. Forward/Back Hops*	20 times	Soft landing – toes knees bent	Flat foot landing knee straight	Plyometrics Proprioception
14. Single Leg Hops*	20 times	Soft landing – toes knees bent	Do not snap your knee back	Plyometrics Proprioception
15. Vertical Jump	20 times	Land soft	Flat foot poor balance	Plyometrics Proprioception
16. Scissors Jumps	20 times	Knee over ankle	Knee caves in	Plyometrics Proprioception
17. Shuttle Run	10 yards to 5 cones	Side steps to cone pivot 45 degrees to next	Knee caves in	Agilities
18. Diagonal Run	10 yards to 5 cones	Forward to cone backwards 45 degrees to next cone	Knee straight or caving in	Agilities
19. Bounding Run	10 yards to 5 cones	Hip knee ankle straight line	Hard landing	Agilities
20. Bridging	30 reps	Raise st line >raise 1 leg up Advanced: Plantfoot on ball & switch	Pelvis sinks	Strength
21. Abdominal Crunches & to sides	30 times	Smooth form	Do not hold breath	Strength
22. Knee to chest and also w/ both knees to chest	2 x 30 sec	Stretch the back	Not keeping upper back on the ground	Flexibility
23. Figure Four Knee to chest w/ leg cross	2 x 30 sec	Stretch the hip	Grab on shin and need to grab thigh	Flexibility
24. Butterfly Sit w/ soles feet together	2 x 30 sec	Push down with elbows	Feet too far away from body	Flexibility
*Progress Line-stick-ball-cone Sec = seconds				