

## 2 Day Alternate ACL Program Dr. Rivers

- Begin 3 months post-op
- Day 1: Strength and Conditioning
- Day 2: Conditioning, Agility, and Balance / Proprioception

**Patient Name:** \_\_\_\_\_ **ID #** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

Day 1	Day 2
<p>Conditioning (30 minutes)</p> <ul style="list-style-type: none"> <li>• Stationary or recumbent bike</li> <li>• Stairmaster</li> <li>• Elliptical trainer</li> <li>• Straight ahead jogging / running</li> </ul> <p>Stretching</p> <ul style="list-style-type: none"> <li>• Hamstring</li> <li>• Gastroc / Soleus</li> </ul> <p>Strengthening</p> <ul style="list-style-type: none"> <li>• Weight Machines               <ul style="list-style-type: none"> <li>• Leg press</li> <li>• Single leg press</li> <li>• Hamstring curl machine</li> <li>• Multihip or hip ABD / ADD machine</li> <li>• Smith squats</li> <li>• Calf raises</li> </ul> </li> <li>• Wall squats with dumbbells</li> <li>• Unilateral ¼ squat on mini-trampoline</li> <li>• Lunges (progress to using dumbbells)               <ul style="list-style-type: none"> <li>• Forward</li> <li>• Diagonal</li> <li>• Lateral</li> </ul> </li> <li>• Step-ups: (progress height of step 8" to 10" to 12" as able)               <ul style="list-style-type: none"> <li>• Forward</li> <li>• Lateral</li> </ul> </li> <li>• Step-downs:               <ul style="list-style-type: none"> <li>• Lateral (progress height of step)</li> </ul> </li> <li>• Monster walks (blue or grey T-Band)</li> <li>• Jump rope</li> </ul>	<p>Conditioning (45 minutes)</p> <ul style="list-style-type: none"> <li>• Stationary or recumbent bike</li> <li>• Stairmaster</li> <li>• Elliptical trainer</li> <li>• Straight ahead jogging / running</li> </ul> <p>Stretching</p> <ul style="list-style-type: none"> <li>• Hamstring</li> <li>• Gastroc / Soleus</li> </ul> <p>Agility</p> <ul style="list-style-type: none"> <li>• Quick feet platform (F / B, S / S)</li> <li>• Quick feet cones ( F / B, S / S, Box)               <ul style="list-style-type: none"> <li>• Dot Drills</li> <li>• 2-1-2</li> <li>• Bow tie</li> <li>• Progress to one legged bow tie</li> </ul> </li> <li>• Sports Cord               <ul style="list-style-type: none"> <li>• Lateral shuffles</li> <li>• Forward jogging</li> </ul> </li> <li>• Vertical jumps (Focus on proper knee position with take-off and landing)</li> <li>• Lateral platform hops (Line-up different height of platforms and jump laterally from one to floor to the next one)</li> <li>• Slide board</li> <li>• Ladder drills               <ul style="list-style-type: none"> <li>• 1 foot in</li> <li>• 2 feet in</li> </ul> </li> </ul> <p>Balance and Proprioception</p> <ul style="list-style-type: none"> <li>• One-leg balance on Airex</li> <li>• Eyes open and eyes closed</li> <li>• One-leg balance on Airex with plyo-back</li> <li>• One-leg balance plyo-back on wobble board F / B and S / S               <ul style="list-style-type: none"> <li>• Slide board</li> <li>• ¼ squat on full foam roll</li> </ul> </li> <li>• Unilateral ¼ squat on ½ foam roll</li> </ul>