

2 Day Alternate ACL Program

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