

IMGPT PHONE: 610-944-8140

ACL HOME PROGRAM

RUNNING PROGRAM:

3 Times per week, Progress to next phase when easy

POLYOMETRICS:

Jump Rope; Jump 3 times uninvolved leg, 4 times involved, for 5 minutes.

Bounding; 4 times, 30 yards

Double Leg Hops; "X" Pattern, 4 times 30 seconds

WORKOUT:

Leg Press; both legs, lower weight by ½, perform with involved leg

Seated Knee Extension; both legs halfway, lower with involved leg

Hamstring Curls; involved leg only, full motion

Lunges: Lead with involved leg, lower back knee down to floor
(**Do Not** let your knee go out over your foot)

Step-Ups; Use standard house step
(**Do Not** let your knee go out over your foot)

Perform workout and running program 3 times per week, on alternate days, and take one day off per week.

When easy, gradually progress the weights with each exercise, except Seated Knee Extensions. With Seated Knee Extensions increase weight when easy, but increase only to half of your body weight.

If you have any pain and/or swelling with any exercise, **STOP!**

If you have any questions or concerns, consult your Physical Therapist!

Following your Running Program/Workout, ice for 15 minutes.

ACL RECONSTRUCTION RUNNING PROGRAM

PHASE	PROGRAM	PRECAUTIONS
<u>PHASE ONE:</u>		
FORWARD	JOG 1/4 MILE, WALK 1/8 MILE REPEAT 4 TIMES AND INCREASE TO A TOTAL OF 2-1/2 MILES	AVOID RAPID DECELERATION. DO NOT CUT OR TWIST OFF RECONSTRUCTED LEG. PERFORM AT 1/2 NORMAL SPEED. WEAR A BRACE AT ALL TIMES.
BACKWARD	WALK 20 YARDS, REPEAT 20 TIMES	ICE AND ELEVATE KNEE FOR 15-20 MINUTES.
<u>PHASE TWO:</u>		
FORWARD JOGGING	GRADUALLY INCREASE TO 1/2 MILE & GRADUALLY ELIMINATE WALKING	YOU MUST BE ABLE TO RUN A SHORT DISTANCE. DO NOT JUMP. PERFORM AT 1/2 TO 3/4 NORMAL SPEED.
BACKWARD JOGGING	20 YARDS, REPEAT 20 TIMES	WEAR A BRACE DURING ALL CUTTING MOTIONS. START OFF ON INVOLVED LEG IN BOTH DIRECTIONS.
CUTTING & TWISTING	CIRCLE AND BOX RUNNING	CUT OFF RECONSTRUCTED LEG TOWARD THE OPPOSITE DIRECTION.
<u>PHASE THREE:</u>		
FORWARD	40 YD SPRINT, FULL SPEED 20 TIMES 20 YD SPRINT, FULL SPEED 20 TIMES	YOU MUST BE ABLE TO RUN BACKWARDS FOR 75 YDS. PATIENT ACTIVITY GOAL DETERMINES PROGRAM DISTANCE.
BACKWARD	CIRCLE AND FIG. "8" RUNNING WITH INVOLVED LEG TOWARD THE OUTSIDE	PERFORM OFF THE UNINVOLVED LEG. WEAR A BRACE AT ALL TIMES.
CUTTING, TWISTING & JUMPING	WEEK 1 - 50 YARD LINE WEEK 2 - 30 YARD LINE WEEK 3 - 20 YARD LINE WEEK 4 - 10 YARD LINE	LATERAL RUNNING DONE IN A CROSS-OVER PATTERN, WITH THE INVOLVED LEG CROSSING IN FRONT OF THE UNINVOLVED LEG FIRST AND THEN CROSS IT BEHIND THE UNINVOLVED LEG. DO NOT LAND WITH THE INVOLVED LEG STRAIGHT,

ADDITIONAL PRECAUTIONS:

INITIAL RUNNING SHOULD BE PERFORMED ON LEVEL SURFACES.

SOFT SURFACES SUCH AS GRASS OR ARTIFICIAL TRACKS ARE PREFERRED. CONCRETE IS THE HARDEST SURFACE, FOLLOWED BY ASPHALT, INDOOR HARDWOOD TRACKS AND OUTDOOR CINDER TRACKS. AVOID SAND DUE TO ITS INCONSISTENCY.

RUNNING SHOES SHOULD BE BOTH SOFT AND DURABLE.

REVERSE YOUR RUNNING DIRECTION HALF WAY THROUGH THE WORKOUT WHEN RUNNING ON AN OVAL TRACK.

WHEN IN DOUBT, CONSULT YOUR PHYSICAL THERAPIST.