

LEVEL 1 ACL INJURY PREVENTION

Perform the program in the following order

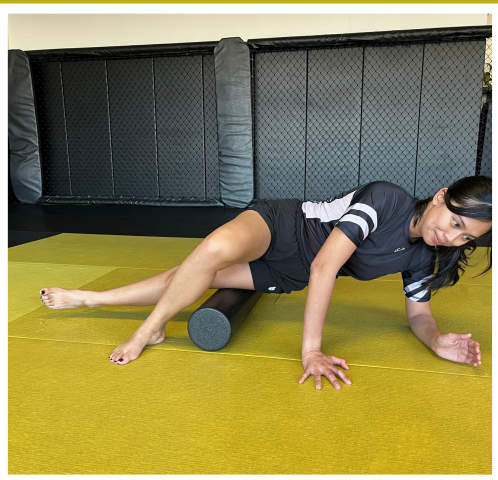
Phase 1- Self-myofascial Release

Guidelines: Foam roll each body part as designated below in the illustrations,, scanning for trigger points (knots or irritable tender points). Once a trigger point is detected, pause on top of it for a minute or until you feel it relax



Foam roll calves

Sitting on the floor with foam roll under your lower leg



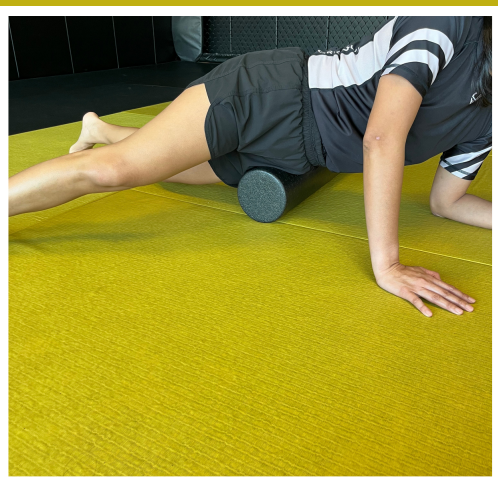
Foam roll lateral quadricep & thigh

On your side, position the foam roller between your knee and hip



Foam roll hamstrings

Sitting on the floor with the foam roller under your hamstring, positioned between your knee and hip.



Foam roll hip flexors

Lie down on your side with the foam roller just below the hip bone. The top leg should be in front of the bottom leg supporting your weight.

Part 2-Stretching

This should be a static stretch; hold the stretching position without moving for 30 seconds to one minute



Push the wall calf stretch

Push the wall by keeping your heel grounded. Find an angle where you feel a tolerable discomfort on the calf muscles on the back of your lower leg. Keep the heel on the ground.



Soleus Stretch

Lean on the wall and place your front foot on a wedge. Keep the heel on the ground and try to bend your front knee until you feel a deep stretch on your calf

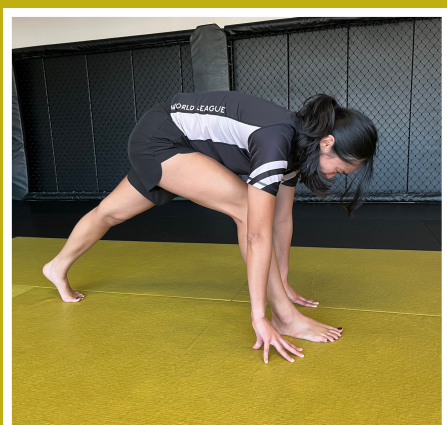
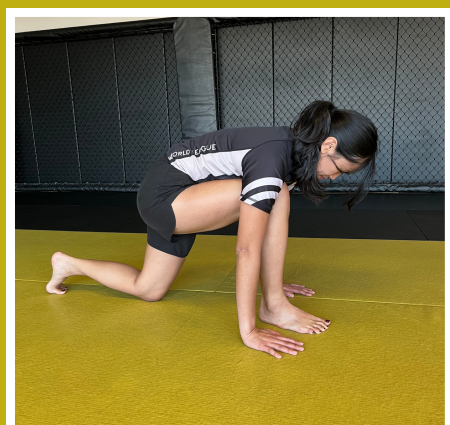
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Hip flexor stretch

Assume a half kneeling position; rotate the hip posteriorly by tucking in your tailbone, and push your hips forward until you feel a good stretch in front of your thigh and anterior hip

Dynamic hamstring stretch



With your hands on the floor, straighten your leg until you feel the hamstring stretch. Hold for 2 seconds, and repeat 10 times; make sure you maintain good knee alignment

Phase 3 - Activation and Strengthening

If you are a beginner, perform one set of 10 repetitions for each exercise. Increase repetitions, sets, and resistance using bands or weights as you become more comfortable with the exercise.



Bird Dog Holds

Assume a quadrupedal position on knees and hands. Raise the opposite hand and leg, hold for 10 seconds. Repeat 10 times on each side

Note: Make sure your back is flat and keep your hips leveled on the ground



Planks

On toes and elbows; raise your hips and straighten your knees to form a bridge. Make sure your trunk is straight and aligned with your knees and heels. Hold this position for 30 seconds or as long as you can without breaking form.

Note: maintain your body parallel to the ground



Side plank

On your side, raise your hip to form a bridge. Your torso hip and ankles should be in a straight line. Hold this pose for 30 seconds or as long as you can without breaking form.



Rear plank on stability ball

On your back, place your heels on the ball and keep your hands on the floor. Bridge up into a rear plank position. Maintain a straight line between heels, hips, and shoulders. Hold this pose for 30 seconds or as long as you can with good form

Fire hydrant holds



Assume a quadrupedal position. Raise your leg laterally with your knee at a 90-degree angle. Hold for 5 seconds and then bring it down slowly. Repeat 10 times.

Stability ball Hamstring curls



Lie down on your back with your heels on the stability ball with a small ball or foam roller between your knees. Bridge up your hips and curl your knees at the same time. Try to keep your knees hips and trunk in a straight line. Hold position for 2 seconds then slowly straighten the knees back to the initial position.

Single leg squat to box



Stand in front of a bench or chair, raise one leg forward while balancing on the other; try to sit down slowly (it should take 4 seconds) using only one leg then stand up. If you are not ready to stand up with one leg, use a double leg to stand but a single to sit. Repeat 10 times on each side

Deadlift with lateral resistance



For this exercise, you will need a long band tied to a stable surface at the height of your waist. Put the band around your waist and stand on your side with your shoulder directed where the band is anchored. Take a small step away from the anchored band to increase the lateral resistance. Raise the leg that is away from the band, like it's shown in the picture. From this position, attempt to touch your toe with your opposite hand, bending your knee and hip at the same time. Repeat that movement 10 times on each side.

Lateral hops to balance



Balance on one leg, with the hip, knee, and foot aligned. Assume a 30-degree angle on the hip and knee; perform a side hop and land on the opposite leg with your hip and knee around a 30-degree angle. Balance for 3 seconds and jump again on the other leg. Repeat this 10 times on each side.

Note: you can start with small lateral hops and increase as you get more comfortable with the exercise