

ACL Prehab Routine: The 9 Best Exercises to Prepare for ACL Reconstruction

Designed by Andrew Harkins, PT, DPT, OCS

Stretching Exercises (2x/day)

1. Calf Stretch on a Slant Board

- Lean forward with feet on slant board
- Hold 20 sec, repeat 5x

2. Hamstring Stretch

- Use strap, lift leg while lying on your back
- Hold 20 sec, repeat 5x

3. Heel Prop

- Lie on stomach with ankle off bed, add ankle weight
- Hold 5 min, work up to 10 min

4. Heel Slides

- Slide heel toward butt with strap
 - Hold 10 sec, repeat 10x
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Strengthening Exercises (2x/day)

1. Quad Set

- Tighten thigh, press knee down
- Hold 2 sec, 3 sets of 10 reps

2. Straight Leg Raise

- Lift straight leg to match bent knee
- 2 sets of 10 reps

3. Short Arc Quad

- Foam roll under knee, straighten leg
- 2 sets of 20 reps

4. Long Arc Quad

- Sit and extend leg fully, then lower
- 2 sets of 20 reps

5. Step Downs

- Step down slowly from a low step
- 2 sets of 10 reps



Notes:

- Avoid painful movements
- Consult your PT or surgeon if unsure
- Stay consistent — daily movement makes a big difference

Weekly ACL Prehab Tracker

Instructions: Check off each day you complete the stretching and strengthening routines. Use the notes section to track pain levels, stiffness, or progress.

Day	Stretching Done? <input checked="" type="checkbox"/>	Strengthening Done? <input checked="" type="checkbox"/>	Notes (Pain, Progress, etc.)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

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