

ACL Reconstruction Prehab Exercise Program

Physical Therapy Simplified

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Frequency: Perform all exercises twice daily unless otherwise noted.

Stop any exercise that causes sharp pain, catching, or increasing knee swelling.

◆ Stretching Exercises

1. Calf Stretch on Slant Board

Dosage: Hold 20 seconds · Repeat 5 times

How to Perform:

- Place one or both feet flat on the slant board.
 - Lean forward slowly until you feel a gentle stretch in the calf.
 - Hold the stretch, then relax.
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2. Hamstring Stretch

Dosage: Hold 20 seconds · Repeat 5 times

How to Perform:

- Lie on your back and loop a strap around your foot.
 - Keep your leg straight and gently lift it until you feel a stretch in the back of your thigh.
 - Hold the stretch, then slowly lower your leg.
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3. Heel Prop

Dosage: Hold for 5–10 minutes

How to Perform:

- Prop your heel on a towel roll or foam roller with your leg relaxed and extended.
 - Optionally, place an ankle weight on your knee to encourage gentle extension.
 - Hold the position, allowing your knee to straighten fully.
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4. Heel Slides

Dosage: Hold 10 seconds · Repeat 10 times

How to Perform:

- Lie on your back with a strap looped around your foot.
 - Slowly slide your heel toward your buttocks while keeping your foot on the surface.
 - Hold the flexed position, then slowly return to the start.
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◆ Strengthening Exercises

1. Quad Set

Dosage: Hold 2 seconds · 10 repetitions · 3 sets

How to Perform:

- Lie on your back with a rolled towel under your ankle.
 - Tighten your thigh muscles to press the back of your knee into the floor.
 - Hold briefly and relax.
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2. Straight Leg Raise (SLR)

Dosage: 10 repetitions · 2 sets

How to Perform:

- Lie on your back with one leg bent and the other straight.
 - Tighten your thigh muscles and lift the straight leg to the height of your bent knee.
 - Lower slowly and repeat.
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3. Short Arc Quad (SAQ)

Dosage: 20 repetitions · 2 sets

How to Perform:

- Place a foam roll or bolster under your knee.
 - Straighten your leg to lift your foot off the surface, then pause.
 - Lower slowly and repeat.
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4. Long Arc Quad (LAQ)

Dosage: 20 repetitions · 2 sets

How to Perform:

- Sit upright with your thigh supported.
 - Slowly extend your leg fully, hold briefly, then lower.
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5. Step Downs

Dosage: 10 repetitions · 2 sets

How to Perform:

- Stand on a step with the affected leg, lightly holding a counter for balance.
 - Slowly bend the knee to lower the opposite heel toward the floor.
 - Push through your heel to return to standing.
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Pain Relief (Optional)

Ice and TENS

Dosage: 10–15 minutes after exercises or during flare-ups

How to Use:

- Place TENS pads on either side of the knee over painful areas.
- Wrap ice around the knee with a towel barrier to avoid frostbite.

