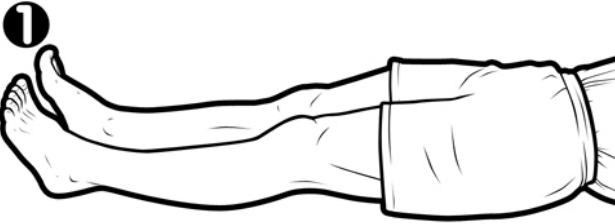


EXAMPLE PROGRAMME

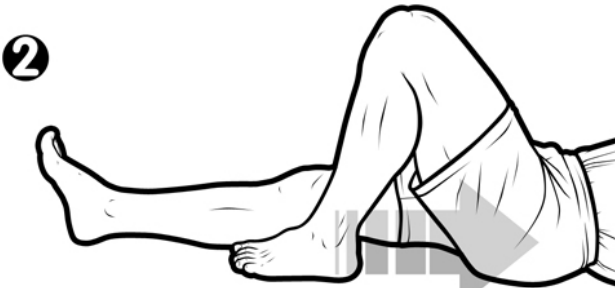
3 EXERCISES PER PAGE

ACL RECONSTRUCTION REHABILITATION



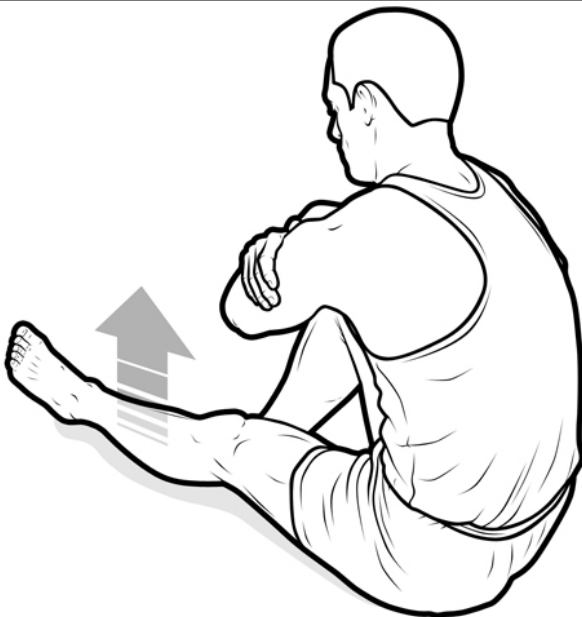
ACTIVE KNEE FLEXION

Lie on your back with your legs straight (1). Slowly slide your heel along the floor towards your buttocks, bending your knee as far as you can (2). Slowly straighten your leg and repeat.



SETS & REPS: 10-20 reps

FREQUENCY: 3-5 x day



MUNCIE STRAIGHT-LEG RAISE

Sit with your uninjured leg bent and your heel placed beside your opposite knee. Lean forward, hug your knee and rotate your straight leg outwards until your big toe is pointing to 10 o'clock (left leg) or 2 o'clock (right leg). Pull your foot back, contract your quadriceps and raise your leg 1 inch off the floor. Hold for 5 seconds then slowly lower and repeat.

SETS & REPS: 2 x 10

FREQUENCY: Daily



STATIONARY BIKE

Use a stationary bike for 20-30 minutes each day. Increase resistance as tolerated.

SETS & REPS: 20-30mins

FREQUENCY: Daily