

ACL GYM Rehabilitation Program

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Cardio/Endurance work:

- **Stationary Bike or Stepper/Elliptical** trainer may be used. If you have not previously performed these activities, start with a 15 minute workout at a slow comfortable pace. If you do not have swelling or pain with this after doing twice- increase time and resistance. Continue this pattern.
- **Retrograde Treadmill (backward walking)** increases quadriceps/hamstring strength and balance. It can also be used as a cool down following forward treadmill activities. Start with slower speed (1-2 miles/hr) and use a treadmill with a sidebar for safety (don't hold on unless you need it). Start with 5 min. duration. If no pain/swelling after doing twice- increase speed and time.
- **Walk/Jog Progression** at 16 weeks starting with a ½ mile walk, ½ mile jog and ½ mile walk (1 ½ miles all together). Start on a level surface or treadmill with slower speed/longer duration. Progression includes increasing jog distance by ½ mile at time. Once you can jog 2 miles without swelling or pain, you may progress to ½ speed straight ahead running and/or adding inclines.

Strength/Core: *You should be fatigued or have muscle burning at the end of the set. Increase your weight as necessary to achieve this. Injured side should reach same weight as uninjured side over time.*

- **Single Leg Press-** Use one leg at a time. 1 set (each leg) of 12-10-8 repetitions.
- **Hamstring Curl-** Use one leg at a time. 1 set (each leg) of 12-10-8 repetitions.
- **Squats-** Can be done holding dumbbells or bar. Make sure you've been instructed in proper technique. 1 set of 12-10-8 repetitions. Avoid knee flexion past 90 degrees. Trunk press for core strength
- **Lunges-** Can be done holding dumbbells or bar- 1 set of 12-10-8 repetitions. Should be done forward, backward and to each side. If not using weight, perform 2 sets of 20 each direction. Rotation for core
- **Swiss Ball Activities-** Bridge-double and single leg, double/single leg hinge, hamstring curl. 1 set (each exercise) of 10-10-10 repetitions

Agility/Balance:

- **Jumping Drills-** Bend knees at takeoff and landing, knee bent over second toe, soft landing toe to heel. Begin with double leg only- progress to single leg if no knee pain/swelling. Do not let knee collapse inward.
 - Begin by jumping over lines- forward/backward, sideways, box 2 sets of 5 jumps- progress to 4 sets of 5 jumps if no knee pain/swelling
 - Progress to jumping onto box- forward/sideways- double leg, single leg landing. 2 sets of 5 jumps Progress to 4 sets of 5 jumps if no knee pain/swelling
 - Progress to jump turn onto box. 2 sets of 5 jumps progressing to 4 sets of 5 jumps
- **Ladder drills-** Keep knees bent, soft landings on balls feet, quick steps

- You can make a ladder with tape on floor- 10-15 feet in length with 19 inch boxes
- 3 times up and back for each drill.
- Lower Extremity drills

ALWAYS REMEMBER:

After completing a work out- if you have soreness/pain in your knee (not muscles) for longer than 6-12 hours- Ice and take time off from exercises until pain free for 2 days. You may then resume exercises but at a lower intensity. If knee pain continues- contact your therapist or physician's office.

Example of a Weekly Workout

<p><u>Monday: Cardio</u></p> <ul style="list-style-type: none"> ● Bike 15 minutes ● Retrograde Treadmill Walking 5 minutes ● Elliptical 15 minutes ● Retrograde Stair Climber 5 minutes 	<p><u>Thursday: Off Day</u></p>
<p><u>Tuesday: Strength/Core</u></p> <ul style="list-style-type: none"> ● Leg Press-1 set of 12-10-8 (each leg) ● Hamstring Curl- 1 set of 12-10-8 (each leg) ● Squats-1 set of 12-10-8 (Avoid knee flexion past 90 degrees) ● Lunges-1 set each 12-10-8 each direction ● Swiss Ball activities- bridge, double and single leg shoulder bridge, leg lift, hamstring curl 1 set each of 12-10-8 	<p><u>Friday: Cardio</u></p> <ul style="list-style-type: none"> ● Same as Monday <p><u>Saturday: Strength/Core</u></p> <ul style="list-style-type: none"> ● Same as Tuesday <p><u>Sunday: Agility</u></p> <ul style="list-style-type: none"> ● Same as Wednesday
<p><u>Wednesday: Agility</u></p> <ul style="list-style-type: none"> ● Line Jumping- 2 sets of 5 each direction, double. Advance to single leg if no pain or swelling. ● Ladder drills- 3 times up and back each drill ● Dot Drills 	

If you have any questions or concerns please contact:
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