

**Notes:** It is important to regain early movement after your injury, and activate the thigh muscle on the front of your leg.  
ACL injuries can make it difficult to straighten your knee after injury. It is very important that you work on exercise 1 to regain full extension within 2 weeks after injury.  
Walking to excess in the early phase of recovery may slow your recovery and make your knee more painful and swollen.  
Ice packs on your knee will help to settle the swelling. Apply for 10-15 minutes with oil on your skin to stop you getting an ice burn.  
Focus on regaining full extension with exercise 1 and gain the muscle control in your thigh and hip muscles with 3,4,6,7 and 8

### 1- Knee extension stretch



Lay down with your involved leg straight out in front of you. Place the heel on a small book 1-2 cm thick with the knee unsupported. Leave for 2 minutes.  
Optional: place an ice pack on your knee while holding the position.

### 2- Active knee flexion in supine



Put a plastic bag under your foot bend your hip and knee as far as you can, relax, if the pain goes immediately go a little further until you feel a stretch that stays

Hold for 5 seconds  
Repeat 10-15 times

### 3- Static Quadriceps



Lie down with your legs relaxed.  
Tighten the muscle on the front of your thighs by stretching your leg away from you then pushing your leg down hold for 3-5 seconds, relax and repeat 10 times.

### 4- Inner range quadriceps (IRQ)



Lie down on your back with a small rolled up towel under your knee.  
straighten your knee pushing the back of your thigh onto the towel and lift your heel as high as you can without lifting your knee and through a pain-free range.

hold for 3 seconds x 10

#### 5- Active assisted knee flexion in sitting



Sit up straight in a chair  
Bend your knee as far as you can by sliding your foot backwards.  
Cross your other leg over your ankle and use it to help bend your knee further.

To increase the stretch keep your feet still and move your bottom forwards on the chair

#### 6- Quad contraction



Have leg/hip out to side as far as is comfortable.

place a large pillow / towel under your knee and try to straighten your knee, hold for 5 seconds and repeat 10 times.3 sets

#### 7- Pelvic tilt and Bridging



Lie on your back with your knees bent, with a gap between your feet and knees.

Flatten the small of your back in towards bed. Tense buttock muscles and start to do a small lift of your bottom off the bed - creating a bridge.

Your lower back should not arch or be painful, although it may feel difficult to control the movement to begin with.

5 sec hold 10x hourly

#### 8- Leg curl



Stand with your back straight and your feet at hips width  
Lift your foot as high as you can behind you and then lower back down.  
Work until the back of the leg feels tired.