

ACL RISK-REDUCTION EXERCISES

Click on each of the exercises below to be redirected to a video. Each video will show a demonstration of the exercise.

DYNAMIC WARMUP:

1. **System prep: Each exercise should be performed for 10 yards, twice each.**

- High knees
- Forward alternating lunge
- Lateral lunges
- “Frankensteins”
- Walking RDL
- High-knee carioca (left to right, right to left)

2. **Speed prep: Each exercise should be performed for 20 yards, twice each.**

- A skips
- Bounding
- Broad jump (3 yards) to sprint (to the 20 yard line)
- Quick feet (3 yards) to sprint (to the 20 yard line)

3. **Power prep: Each member should stand about 5 yards apart and perform 10 reps of each.**

- Tuck jumps
- Alternating split jumps
- Skater hops
- Quick feet up-downs

STRENGTH TRAINING:

1. Banded side-steps: 10 steps down and back
2. Single-leg RDL to Statue of Liberty with light/medium weight- 3 sets of 6-8 reps each leg
3. Nordic/Russian hamstrings: 3 sets of 5-8 reps
 - No-equipment version: put your knees on soft surface or cushion, allow your partner to hold your feet, slowly lower yourself until needing your arms to catch you from hitting the ground, then push up with your arms to help you get back into starting position.
4. Reverse hypers (progressing to manually resisted): 3 sets of 8-12 reps
5. Pistol squats: 3 sets of 5-12 reps per leg (beginner, intermediate, and advanced)
6. Side-lying leg raises: 3 sets or until fatigue sets in to each leg
7. Single-leg bridges: with weight on hips, 3 sets of 8-10 reps per leg
8. Weighted step-ups (with mid-heavy weight in opposite hand from stepping leg): 3 sets of 6-8 reps per leg. The toe of the back leg should only touch the ground between reps.
9. Mountain climbers: 3 sets of 1 minute (slick floor option, non-slick floor option)
10. Hamstring sliders (two-leg floor slide, two-leg ball, one-leg floor slide, one-leg ball): 3 sets, 5-12 reps or 1-2 reps shy of fatigue. Use ball, fabric/towel, or plastic to slide on ground.

IMPORTANT CONSIDERATIONS

Maintain a straight line from hip to knee to foot. Don't let the foot roll inward, the knee cave inward, the knee buckle forward, or the pelvis drop to one side – especially with jumping/landing, pivoting, change of direction, or squatting (example 1, example 2, example 3). Don't land on your heels.

To make an appointment with UAB Sports & Exercise Medicine Physical Therapy or for more information, please visit uabmedicine.org/sports.