

ACL Prevention Program

Courtesy of: Kerlan-Jobe Orthopaedic Clinic

Bounding – Begin by standing with your right leg forward and perform an explosive jump off of the right leg. While in the air, bring your left knee up toward your chest and land on your left leg. Next, transfer your weight to your left leg and perform an explosive jump off of the left leg. Bring your right knee toward your chest while in the air and land on your right leg. Focus on landing in a crouched position with each jump and maintaining your balance during the exercise. Repeat exercise for 20 total jumps.



Line Hops – Stand on one side of the line and bend your knees between 45 and 90 degrees. Jump explosively off of your right leg and land on your left leg on the other side of the line. Concentrate on a balanced landing in a crouched position on your left leg. Next, jump explosively off of your left leg and land on your right leg on the other side of the line. Continue to jump over the line 20 times.



Lateral Shuffle – Stand with your knees bent between 45 and 90 degrees and your back in a straight position. Start by pointing your right foot toward the right side and slide to the right while maintaining a broad stance. Focus on maintaining a crouched position throughout the exercise. Slide to the right 5 times and then to the left 5 times and repeat for a total of 20 slides to the right and 20 slides to the left.



Back Lunges – stand upright and place one leg out behind your body, bending the front knee between 45 and 90 degrees. Emphasis should be placed on maintaining the front knee over the toes and keeping your trunk aligned. Do not let your bent knee drift inward. Continue the exercise by placing the opposite leg behind your body and repeating the same bending motion while maintaining proper form. Perform 20 total lunges.



Single Leg Chest Pass – stand on your right leg with a ball in your hands and your knee bent to 45 degrees. Maintain your right knee alignment over your toes while in this position. Concentrate on maintaining your trunk upright, trying not to lean over to the side on which you are standing. Throw a chest pass to a person across from you. Continue this for 20 total passes. Switch to your left leg and repeat.

Single Leg Forward Bend Pass – stand on your right leg with a ball in your hands and your knee bent 45 degrees. Maintain your right knee alignment over your toes while bending. Lean over slightly while maintaining your balance with the ball in front of you. Throw the ball from this position to a person standing across from you. Total 20 passes on each leg.

Single Leg Figure of Eight – stand on your right leg with a ball in your hands and your knee bent to 45 degrees. Maintain your right knee alignment over your toes while bending. Slowly pass the ball under your right thigh and then around your left leg. Concentrate on performing the exercise slowly and maintaining your balance with a straight trunk position. Continue this for 20 repetitions and repeat with your left leg.



Single Leg Dead Lift – stand on your right leg with your knee bent 30 degrees. Slowly lean forward and reach forward with your arms while bringing your left leg behind your body, maintaining a straight line between your arms and your left leg. Concentrate on performing the exercise slowly and maintaining your balance throughout the exercise. Slowly return to the starting position by bringing your left leg forward towards your right leg and slowly leaning backwards into a straight trunk position. Continue on maintaining proper form while performing 15 repetitions on each leg.



Split Squat – stand upright with your right foot in front of you and your left foot behind you resting on a chair. Slowly bend your right knee to a 45 to 90 degree angle while maintaining a straight trunk position. Concentrate on maintaining right knee alignment over your toes while bending and maintaining your balance with a straight trunk position. Slowly straighten your right knee and return to the start position. Continue this for 15 repetitions on each leg.



The Plank with Leg Raise – place your elbows at a 90 degree angle with your forearms resting on the ground. While supporting your lower body on your toes, slowly raise one leg off of the ground while maintaining the plank position. Slowly lower the leg and then raise the other leg off the ground slowly, continuing to maintain the proper position. Concentrate on maintaining proper form while performing 20 repetitions.

