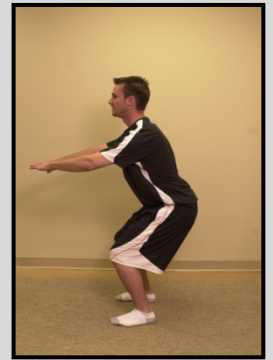
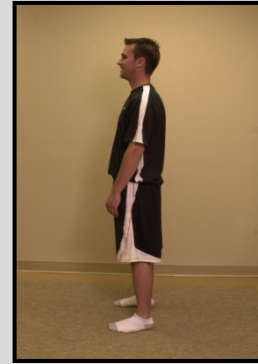


Double Knee Bends:

(2 sets, 20 reps, 2-3 times per day)

- Feet shoulder width apart, bend knees to 30°, keeping knees behind the toes.
- Return to starting position with knees slightly bent.



Double Leg Bridges:

(2 sets, 20 reps, 2-3 times per day)

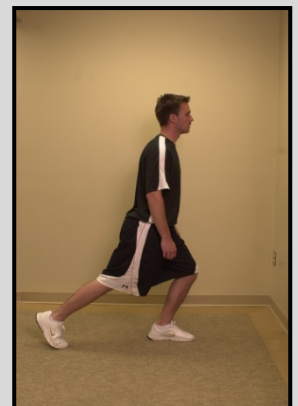
- Lie on back with knees bent, feet shoulder width apart.
- Contracting the glutes, raise hips off mat.
- Shoulders, hips and knees should form a straight line.
- Progress to single leg bridge when appropriate.



Reverse Lunge Static Hold:

(2-3 sets, 10 reps, 10+ second holds, 3 times per week)

- Stand in a lunge position with the involved leg forward. Allow the toe of the unaffected leg to touch to assist in balance.
- Bend the involved knee to 45° and hold that position.

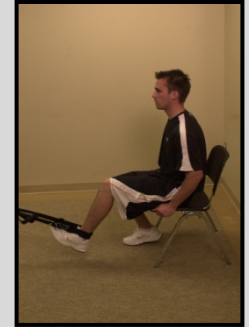


Beginning Cord Exercises:

Seated Hamstring Curl:

(2-3 sets of 20, 1 time per day, 3 times per week)

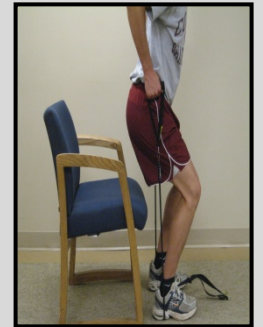
- Using resistance cord around ankle, slowly drag heel across floor towards chair.
- With control, lift heel off the floor and straighten the leg, returning to the start position.



Double Knee Bends with Sports Cord:

(2-3 sets to fatigue, 1 time per day, 3 times per week)

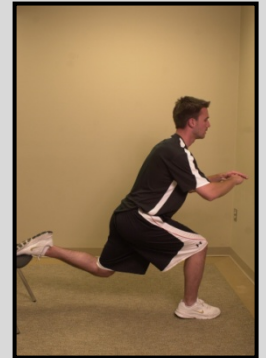
- Place the sports cord underneath heels of both feet with handles lined up with the mid line on the knee. Pull handles up to hips and begin knee bends with technique described in the Double Knee Bend.



Balance Squats:

(2-3 sets, 20 reps, 3 times per week)

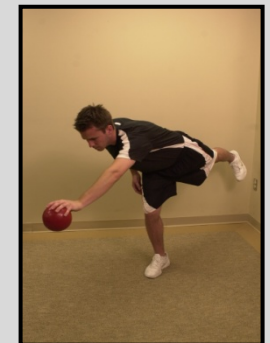
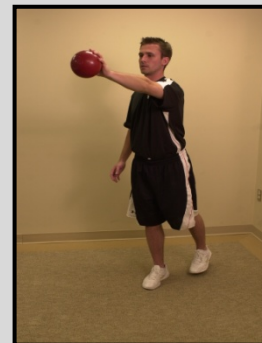
- Allow toe of the uninvolved leg to touch the chair behind. Squat with involved leg to 70°.
- Avoid full extension of leg.
- Keep knees behind toes and hips level.



Single Leg Deadlift:

(2 sets, 10 reps, 1 time per day)

- Stand on affected leg. Keeping the back and unaffected leg straight, hinge forward at the hip.
- Pull through the glutes and hamstrings to return to the start position.



Leg Press:(2-3 sets, 20 reps, 3 times per week)

- Align feet, knees, and hips. Push through the foot to straighten leg.
- Avoid hyperextension of knee.
- Progress to single leg when appropriate.

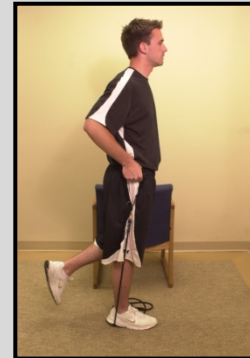


Sport Test Exercises:

Single Knee Bends:

(1-2 sets, 1-2-3 minutes, 3 times per week)

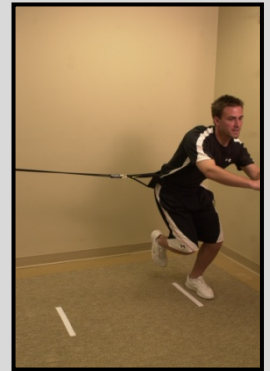
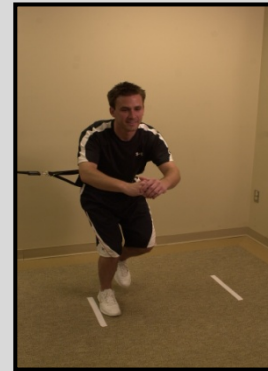
- Using sport cord under involved foot, pull resistance cord up to hip.
- Bend knee to 60° -70° keeping hips level and knees behind toes. One second down, one second up. Avoid full extension.



Lateral Agility:

(2-3 sets, 30-60-90 seconds, 3 times per week)

- Hop laterally with cord resistance from surgical leg to land momentarily on non-surgical leg, and return to surgical leg with the cord pulling back to the starting position. Emphasis on absorption by bending at the knee and hip with at least 30° of knee excursion.



Forward/Backward Run:

(10 minutes in 1 minute intervals, 3 times per week)

- Hop back and forth in place, from non-surgical leg to surgical leg in a "modified" jogging motion. The cord is attached behind the athlete to provide a force pulling backwards.
- Reverse position for backward run.
- Emphasis on absorption by bending at the knee and hip with at least 30° of knee excursion.

