ACL Injury Prevention and Performance Enhancement Program
The off-season is the optimal time to condition the body and focus on proper mechanics and form. Pre-season is also a good time to continue with the following exercises, transitioning into the in-season program when the sports season is in session. The following exercises should be completed three (3) times per week for 30-40 minutes and should be performed over half the width of a soccer field or the length of a basketball court.

**Proper form includes:**
- knees aligned
- pelvis level
- trunk vertical
- quiet landings
- hips down and back.
1. Jog Down and Back (approx. 60 yards)

2. Heel Kicks (30 yards)
Lateral Shuffle Right and Left (approx. 30 yards each direction)

Athletic stance, keep knees bent, and feet square. Down and back. Face the same direction to strengthen each side.
Carioca Right and Left (30 yards each direction)

Traditional carioca. Face the same direction down and back. Swivel/open the hips. Twist the trunk.
Facing same direction as carioca. Run forward 5+ yards, at an angle; then quickly shift to a back pedal, continuing the angled pattern, repeating the forward/backward directional changes down the court. Repeat back down the court, facing the same direction, in order to get the opposite directional changes. Emphasize quick feet and confident changes of direction.
Diagonal Single Leg Bounding (down and back across court/field)

Bound from one leg to the other, landing quietly, before leaping at an approximately 45° angle to the other side. Increase height and distance as technique improves.
Deceleration/Back Pedal
(down court/across field)

Jog 5 yards forward, plant on one leg. Transition into a back pedal, staying low. Back pedal for 10 yards, then run forward again. Plant on other leg, back pedal 10 yards.
Walking Lunge with Trunk Lean Forward
(30 yards)

From a standing position, take a big step forward with one leg. Lower body by bending both knees until back knee touches the ground. Keep trunk flexed forward (nose over front toes) and bring your hands to front ankle. Push forward off back foot to standing. Repeat with other leg.
Inchworm (5 repetitions)

Push up position. Walk feet in toward hands, keeping hands on the floor. Feel stretch in legs. Leave feet in place; walk hands back out into push-up position.
Figure 4 Sit-Walk
(5 repetitions each leg)

Stand on one leg; cross opposite foot over knee; arms out in front; squat down in single leg squat. Push hips back to create stretch.
Single Leg Squats (10 each leg)

Begin with one leg out front and both arms reaching forward. Push hips back into single leg squat (as if sitting in chair). Allow trunk to lean forward.
Side and Front Planks
(hold time 15-30 seconds for side planks, 30-60 seconds for front planks)

Start with side plank, holding hips as high as possible. Move to front plank, keeping low back flat; squeeze glutes. Move to other side plank.
Bridge Glute/Ham Raises (10 repetitions x 2 sets each leg, for total of 40 reps)

Lie on back, knees bent, heels on the ground, arms on ground. (Progress to arms crossed on chest.) Elevate knee 90 degrees over hip. Press hips up and down with control. Keep abs tight.
Clamshell with Band (15 repetitions each side)

Lie on side with knees bent; band positioned just above knees. Lift top knee as high as possible. Keep hips stacked and torso vertical. Return knees together with control.
Squat Hold with Band (hold 30 seconds)

Hold the squat position, with hips down and back, trunk forward (as if sitting in chair). Arms can be out in front. Keep shoulders stacked over knees and ankles.
Squat Jumps in Place with Band (5 repetitions)

Begin in squat position. Jump and land quietly in squat hold position.
Forward Squat Jumps with Band
(5 repetitions x 2 sets)

Jump forward in a broad-jump manner. Continue to emphasize quiet landings; knees over ankles both with takeoff and landing. Feet should not go wider than hips.
Forward/Backward Single Leg Jumps
(12 repetitions each leg)

Begin in a single leg partial squat. Jump forward 3 reps; then jump backward 3 reps, all on the same leg. Emphasize quiet landings with knee bent. Repeat, then switch legs. Increase distance to increase difficulty.
Side/Side Single Leg Jumps (12 repetitions each leg)

Begin in a single leg partial squat. Hop to one side 3 reps; then hop to other side 3 reps, all on the same leg. Emphasize quiet landings with knee bent. Repeat, then switch legs. Increase distance to increase difficulty.
SAOS is a nationally recognized physician group with particular expertise in sports medicine and orthopedic surgery. All of the physicians are fellowship-trained and received their training at the top educational programs in the nation. SAOS uses the most advanced practices, protocols and treatments to get athletes back in the game of life as soon as possible.
Sister Kenny Sports & Physical Therapy Center is a network of more than 20 community-based physical therapy clinics that offer a comprehensive range of outpatient physical therapy, including services for rehabilitating and enhancing performance of athletes.