

# Exercises For ACL Repair

PATIENT NAME \_\_\_\_\_

DATE \_\_\_\_\_

## Exercise 1 — Resisted Lateral Lunge with CLX™



☐ **Description:** Wrap TheraBand® CLX™ around waist. Secure CLX™ and Door Anchor in door. Side lunge laterally. Return to starting position.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_

## Exercise 2 — Single Leg Stance Toe Taps



☐ **Description:** Stand on top of a stability trainer using affected side. With opposite lower extremity, tap foot in clock-like intervals. Make sure pelvis remains level and involved knee does not collapse. Use chair for support as needed.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_

## Exercise 3 — Bridge with Resisted Abduction



☐ **Description:** Lay on back with TheraBand® CLX™ loops around each knee. Keep knees bent with feet flat. Lift bottom off surface while pushing knees outward against the elastic resistance. Hold and slowly return to starting position.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_

## Exercise 4 — Front Squat with CLX™



☐ **Description:** Place each foot into the two center loops of the TheraBand® CLX™. Cross the CLX™ and place each arm into the last loops, positioning it on forearms. Cross arms in front of you with elbows bent. Slowly squat until your thighs are parallel to the floor. Slowly return to the starting position.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_

## Exercise 5 — Bird Dog



☐ **Description:** Place CLX™ loop around each hand and each foot. Start on hands and knees. Raise right arm and left leg upwards until in line with trunk of body. Slowly return to starting position. Repeat with opposite upper and lower extremities. Return to starting position.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_