ACL Reconstruction Post-operative Exercises

Perform the following exercises three times per day, 10 repetitions each, within pain tolerance.

KNEE - Flexion (Prone)

Using your non-operated leg, gently pull your operated leg towards 90 degrees bend until a light stretch is felt. Hold 5 seconds. Slowly lower leg.

KNEE - Flexion / Extension (Sitting)

Gently assist operated leg with unoperated leg into extension and then into flexion holding each 5 seconds. Relax as needed.

HIP / KNEE - Heel Slide (Supine)

Slide the heel of the operated heel toward buttocks until a gentle stretch is felt. Hold 5 seconds. Relax.

HIP / KNEE - Isometrics


ANKLE / FOOT - Plantar / Dorsiflexion

With leg relaxed, gently flex and extend ankle. Move through full range of motion. Avoid pain.