

ACL Injury-Reduction Exercises

Squatting

The athlete must weight the heel and the outside of her foot. This can be accomplished by slightly lifting the arch of the foot. Lifting of the arch also properly aligns the knee with the ankle. She then proceeds to “sit back”, lowering the buttocks while maintaining a straight back. The chin is neutral and the trunk stable. Perform **20 times, 2 times per day**.

Notice that the knees do not cave in and they do not extend over the toes. She can still see her toes if she looks down.



Lateral Lunges

As the athlete lunges to her left, the **right** ankle, knee and hip remain in line with no caving in. The weight is transferred to the **left** foot. The toes contact the ground first – softly- then the weight is transferred to the heel. As the knee and hip bend to accept her weight, she maintains a straight back posture, and keeps the bent knee in line with the ankle. The knee **never** extends beyond the toes.

Perform 20 times, 2 times per day.



Lateral Bounding

The athlete rapidly lunges laterally striking her toes then weighting the heels. The trailing leg accompanies the weighted leg while it decelerates the motion. Weight is then shifted immediately to the opposite leg as she bounds in the opposite direction. As with lateral lunges, the leg accepting the body’s weight stays in proper alignment and the hip and knee flex to decelerate the action. **Perform 20-30 seconds rapidly, 2 times, 2 times per week.**

