ACL Injury Prevention Program

This ACL Injury Prevention Program consists of a warm-up, strengthening, plyometrics, sports-specific agilities, and stretching to address potential deficits in the strength and coordination of the stabilizing muscles around the knee joint. It is important to use proper technique during all of the exercises. The coaches and trainers need to emphasize correct posture and straight up-and-down jumps without excessive side-to-side movement and reinforce soft landings.

WARM-UP

- ❒ Forward / Backward Jogging - Sideline to Sideline . . . . . *3 Passes*
- ❒ Side Shuffle - Sideline to Sideline . . . . . *3 Passes*
- ❒ Ankle Band
  - ❒ Front to Back Kicks . . . . . *20 Each Leg*
  - ❒ Side Steps - Across Court . . . . . *1 Pass*

STRENGTHENING

- ❒ Walking Lunges . . . . . *1 Pass*
- ❒ One Leg Squats . . . . . *2x 10 Reps Each*
- ❒ Single Leg Heel Raise . . . . . *20 Reps Each*
- ❒ Supine One Leg Hamstring Bridge . . . . . *2x 10 Each Leg*

PLYOMETRICS

- ❒ Two Leg Lateral Line Jumps . . . . . *20 Reps*
- ❒ One Leg Lateral Line Hops . . . . . *20 Reps*
- ❒ Two Leg Front-Back Line Jumps . . . . . *20 Reps*
- ❒ One Leg Front-Back Line Hops . . . . . *20 Reps*
- ❒ Squat Jumps . . . . . *20 Reps*
- ❒ 180° Jumps . . . . . *20 Reps*

AGILITIES

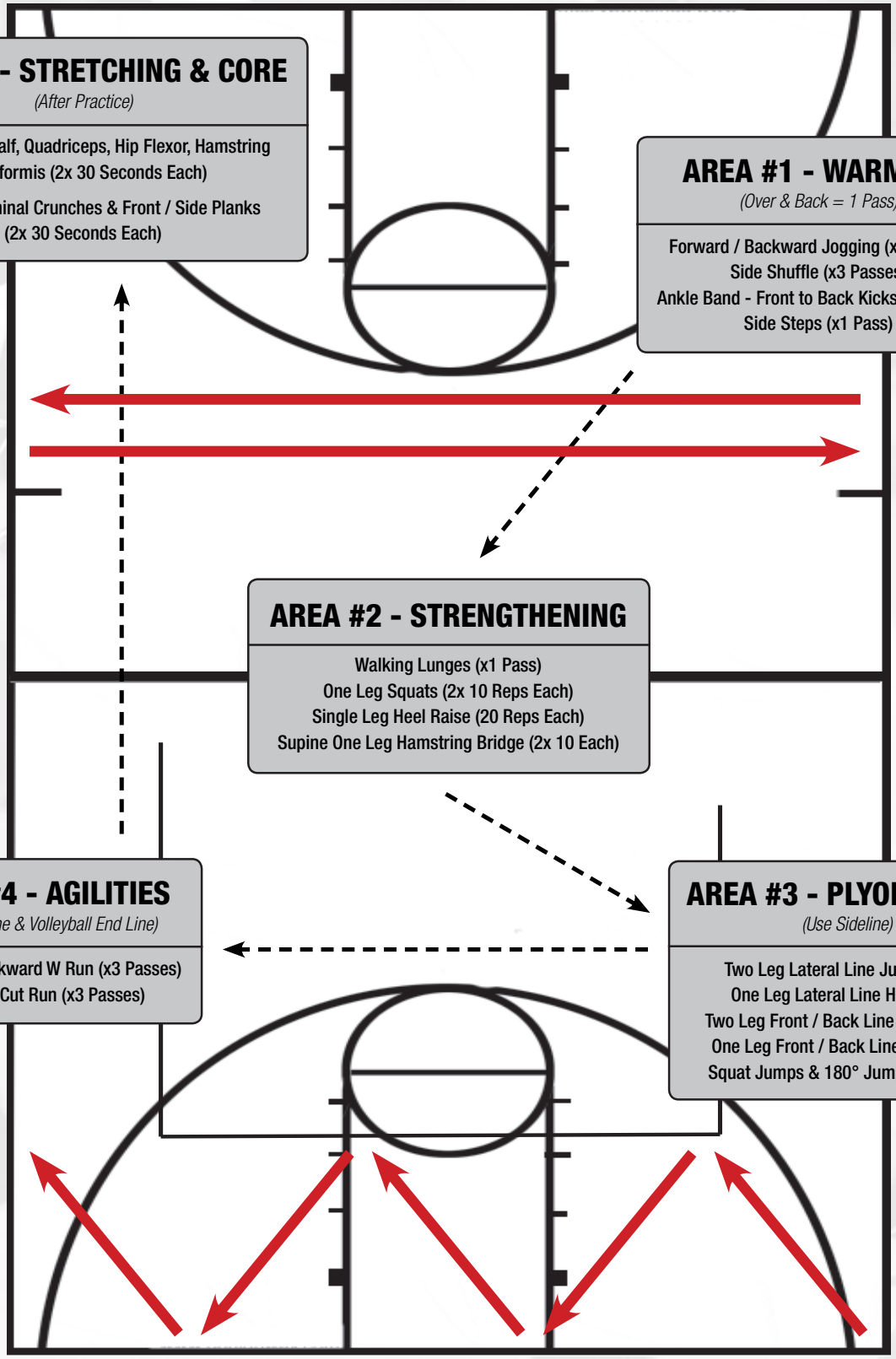
- ❒ Forward / Backward W Run . . . . . *3 Passes*
- ❒ Diagonal Cut Run . . . . . *3 Passes*

STRETCHING & CORE

- ❒ Calf Stretch . . . . . *30 Seconds / 2 Reps*
- ❒ Quadriceps Stretch . . . . . *30 Seconds / 2 Reps*
- ❒ Hip Flexor Stretch . . . . . *30 Seconds / 2 Reps*
- ❒ Figure Four Hamstring Stretch . . . . . *30 Seconds / 2 Reps*
- ❒ Leg Crossed Piriformis Stretch . . . . . *30 Seconds / 2 Reps*
- ❒ Abdominal Crunches . . . . . *30 Seconds / 2 Reps*
- ❒ Front / Side Planks . . . . . *30 Seconds / 2 Reps*

TherapeuticAssociates
PHYSICAL THERAPY

ACL PROGRAM - COURT SETUP



AREA #5 - STRETCHING & CORE

(After Practice)

Stretching: Calf, Quadriceps, Hip Flexor, Hamstring & Piriformis (2x 30 Seconds Each)

Core: Abdominal Crunches & Front / Side Planks (2x 30 Seconds Each)

AREA #1 - WARM-UP

(Over & Back = 1 Pass)

Forward / Backward Jogging (x3 Passes)
Side Shuffle (x3 Passes)
Ankle Band - Front to Back Kicks (x30 Reps)
Side Steps (x1 Pass)

AREA #2 - STRENGTHENING

Walking Lunges (x1 Pass)
One Leg Squats (2x 10 Reps Each)
Single Leg Heel Raise (20 Reps Each)
Supine One Leg Hamstring Bridge (2x 10 Each)

AREA #4 - AGILITIES

(Use Baseline & Volleyball End Line)

Forward / Backward W Run (x3 Passes)
Diagonal Cut Run (x3 Passes)

AREA #3 - PLYOMETRICS

(Use Sideline)

Two Leg Lateral Line Jumps (x20)
One Leg Lateral Line Hops (x20)
Two Leg Front / Back Line Jumps (x20)
One Leg Front / Back Line Hops (x20)
Squat Jumps & 180° Jumps (15 Each)

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