

ACL Tear Information

acltear.info/anterior-cruciate-ligament-rehabilitation/acl-rehabilitation-phase-chart/

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ACL Rehabilitation Exercise Phase Chart

Want a clear picture of which exercises to do in each [MOON Knee ACL rehabilitation](#) phase? The chart here shows you. You can use the up and down arrows to the right of each column label to sort the exercises by column. On touch screen devices, touching the column name sorts by that column. Exercises in [ACLR Rehabilitation Phases 4-5](#) and in [return-to-sport](#) programs vary too widely to be included here: typically, they are customized based on your body, injuries, sport and position.

Exercise	Pre-Surgery	Phase 1	Phase 2	Phase 3
Knee Extensions Standing Terminal		X	X	
Patellar Mobilization		X	X	
Quadriceps Set	X	X	X	
Side Step Up			X	X
Side-Lying Hip <i>Abduction</i>	X	X	X	
Side-Lying Hip <i>Adduction</i>	X	X		
Side-Lying Hip Extension			X	WR
Single-Leg Heel Raises		X	X	X
Standing Anterior Reach			X	X
Standing Hip Extensions	X	X	X	

Exercise	Pre-Surgery	Phase 1	Phase 2	Phase 3
Standing Hip Flexion			WR	WR
Standing Hip Hinge			X	X
Standing Single-Leg Hip Abduction			X	WR
Standing Single-Leg Hip Extension			X	WR
Straight Leg Raises	X	X	WR	
Straight Leg Raises Prone	X	X		
Knee Extensions Seated	X	X	X	X
Knee Extensions Supine	X	X		
Knee Extensions Prone	X	X		
Knee Extensions Everyday	X	X		
Heel Slides	X	X		
Heel Raises (Calf Press)	X	X		
Hamstring/Quad Co-Contraction	X	X		
Hamstring Sets	X	X		
Hamstring Curls Standing	X	X		
Hamstring Curls Prone	X	X		
Front Step Ups				X
Double-Leg Quarter Squats	X	X	X	X
Ankle Pumps	X	X		
Double-Leg Heel Raises			X	X

WR=With Resistance

Exercise	Pre	1	2	3
Knee Extensions Standing Terminal		X	X	
Patellar Mobilization		X	X	
Quadriceps Set	X	X	X	

Exercise	Pre	1	2	3
Side Step Up			X	X
Side-Lying Hip <i>Abduction</i>	X	X	X	
Side-Lying Hip <i>Adduction</i>	X	X		
Side-Lying Hip Extension			X	WR
Single-Leg Heel Raises		X	X	X
Standing Anterior Reach			X	X
Standing Hip Extensions	X	X	X	
Standing Hip Flexion			WR	WR
Standing Hip Hinge			X	X
Standing Single-Leg Hip Abduction			X	WR
Standing Single-Leg Hip Extension			X	WR
Straight Leg Raises	X	X	WR	
Straight Leg Raises Prone	X	X		
Knee Extensions Seated	X	X	X	X
Knee Extensions Supine	X	X		
Knee Extensions Prone	X	X		
Knee Extensions Everyday	X	X		
Heel Slides	X	X		
Heel Raises (Calf Press)	X	X		
Hamstring/Quad Co-Contraction	X	X		
Hamstring Sets	X	X		
Hamstring Curls Standing	X	X		
Hamstring Curls Prone	X	X		
Front Step Ups				X
Double-Leg Quarter Squats	X	X	X	X

Exercise	Pre	1	2	3
Ankle Pumps	X	X		
Double-Leg Heel Raises			X	X

WR=With Resistance

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