



ACL PREVENTION PROTOCOL



Orthopedics

PHASE I

- Dynamic warm up
 - Knee-to-chest, heel-to-butt, figure four, tin soldier walk, jog, shuttle run (perform with each leg leading), back peddling, high knees, butt kicks, spiderman, inch worm.
- Strengthening
 - Single-leg dead lift, backwards walk, backward lunge, single-leg pelvic bridge on ball, plank with punch, side plank with leg lift
- Goals
 1. increase core and lower extremity strength
 2. decrease patellofemoral load
 3. prepare for plyometrics

PHASE II

- Dynamic warm up
 - Continue same warm up as phase 1
- Strengthening
 - Same as phase 1: add lateral lunge
- Balance/Proprioception
 - Single-leg balance with partner passing (basketball, soccer ball, etc.)
- Goals
 1. increase core and lower extremity strength
 2. decrease patellofemoral load
 3. prepare for plyometrics
- Precautions
 - monitor form, keep knees slightly bent, hips level and chest up

PHASE III

- Dynamic warm up
 - Continue same warm up as phase 1
- Plyometrics
 - Week 1: Double-leg lateral hops over line, double-leg forward/backward hops
 - Week 2: Double-leg forward bound, double-leg lateral bound, Heiden/speed skater hop, single-leg forward/backward hop over line
- Goals
 1. Introduce plyometrics
 2. Instruct proper jumping and landing technique
 3. Increase endurance and power
- Precautions
 - Monitor form, land with “soft knees,” knees shoulder width apart and chest up

PHASE IV

- Dynamic warm up
 - Continue same warm up as phase 1
- Plyometrics
 - Week 1: Double-leg lateral hops over line, double-leg forward/backward hops
 - Week 2: Double-leg forward bound, double-leg lateral bound, Heiden/speed skater hop, single-leg forward/backward hop over line
- Goals
 1. Introduce plyometrics
 2. Instruct proper jumping and landing technique
 3. Increase endurance and power
- Precautions
 - Monitor form, land with “soft knees,” knees shoulder width apart and chest up

PHASE EXIT

- Learn the FIFA-11+ program (or similar long-term maintenance program) to be used after graduating from the supervised therapy program for warm up before every practice and game.
- Demonstrate proper technique.