# Health and Movement Science Stage 6 – Year 12: Depth study (Sports injury), Appendix A

## ACL rehabilitation program

### Phase 1: Progressive mobilisation

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| Goals | Knee straight (full extension), decreased swelling and quadriceps firing. |
| Heat | Wheat pack – heated in a microwave for 1 minute, then cover ACL area (5 minutes) pre-passive knee extension. |
| Compression | Compression – wear a bandage during passive knee extension. |
| Passive knee extension | With the patient sitting on the edge of a treatment bed, the physiotherapist takes the relaxed knee into full passive extension. The patient is then required to maintain full active extension of the knee when the physiotherapist removes support. |
| Ice | Ice – in a wet towel covering ACL area post-passive knee extension. |

### Phase 2: Graduated exercise – stretching

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| Goals |  |
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### Phase 3: Graduated exercise – conditioning

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| Goals | Strength around injured area, regain (most) leg balance, regain (most) muscle strength. |
| Heat | Wheat pack – heated in a microwave for 1 minute, then cover ACL area (5 minutes) pre-single leg press. |
| Exercises |  |
| Ice | Ice – in a wet towel covering ACL area post-single leg press. |

### Phase 4: Graduated exercise – total body fitness

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| Goals | Excellent hopping performance (technique, distance and endurance), agility program and modified game play, full strength and balance. |
| Ice | Ice – in a wet towel covering ACL area post-running and squatting. |
| Exercises |  |
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### Phase 5: Training

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| Goals |  |
| Ice |  |
| Sport-specific exercises |  |
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