

ACL Injury Reduction Protocol + At Home Workout



1. Foam Roll

ACL Part 1. Foam Roll <https://youtu.be/5UWmPk7veRU>

Hamstrings

Balance on hands to work hamstrings from glute to knee Turn toe slightly inward. Cross one foot over the other to emphasize more.

Quads

Balance on elbows face down with one quad on roller Work your way up and down from hip to top of knee To place greater emphasis on quad, bend knee.

IT bands

Start in side plank position with roller in middle of the thigh Balance on forearm and bring top leg over to place on the floor Roll slow to find "hot spots". Change emphasis by putting bent leg on top of other leg

Hip Flexors

Lie on far side of roller on one side hip complex Slowly roll up and down

Adductors

Balance on elbow and hand with one leg on roller Slowly roll from knee to hip complex

2. Dynamic Movement Prep

ACL Part 2 Dynamic Movement <https://youtu.be/7MntAl4Cwlg>

- **Knee Hugs x 5 each leg**
- **Quad Stretch x 5 each leg**
- **Elbow-Instep x 5 each leg**
- **Sumo-Squat x 5**
- **Straight Leg Sweeps (Hamstrings) x 5 each leg**
- **Leg Cradle x 5 each leg**

3. Lunge Matrix

ACL Part 3 Lunge Matrix https://youtu.be/Wq3-_Jj5Zdc

- **Lateral x 4 each leg**
- **Diagonal x 4 each leg**
- **Backward x 4 each leg**
- **Forward x 4 each leg**

4. Bands

ACL Part 4 Band Work <https://youtu.be/CeoVK2jAvVQ>

- Lateral walks x 10 steps each (3)
- Forward and Backward x 10 steps each (2)
- Leg swings x 15 each leg (1)

5. Jumps

ACL Part 5 <https://youtu.be/lv7sT6oZaTk>

- Broad Jumps x 6-8 (2)
- Vertical Jumps x 6-8 (2)
- Lateral Jumps x 6-8 (2)
- Quick Jumps x 10 (2)
- Pogo Jumps x 15 (2)

6. Hops

ACL Part 6 <https://youtu.be/tMft4wE39IQ>

- Vertical Hops x 6-8 each leg (2)
- Lateral Hops x 6-8 each leg (2)
- Quick Hops x 10 (2)
- Lateral Bounds x 6-8 each leg (2)

7. Deceleration Training

ACL Part 7 <https://youtu.be/Kd8WRAuc8IM>

- Forward stop and hold, backpedal to start x 6-8 (2)
- Lateral shuffle and hold, shuffle back to start x 6-8 (2)
- Crossovers and hold, then back to start x 6-8 (2)

8. Strength Training

	<i>Beginner</i>	<i>Intermediate</i>	<i>Advanced</i>
- Plank/Core Stand	30 sec	45 sec	60 sec
- Stability Ball Hypers	12	15	20
- Dive Bomb Push-up	10	12	15
- Stability Ball Leg Curl	10	12	15
- Shoulder Tap Push-up	5	6	7
- Back Lunge	8	10	15
- Squat/Row	12	15	20
- Jump Rope 1 minute	x 5	x 8	x 10

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