# Exercise examples for each phase of paediatric ACL rehabilitation

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| Phase 1 | * Stationary bike * Active extension (unloaded) * Quads setting * Squat variants with and without support * Single limb standing (control of isometric terminal knee extension) * Closed chain hip and pelvis control exercises |
| Phase 2 | * Single limb standing control of dynamic terminal knee extension * Single leg squats * Bridging * Squats on BOSU * Step-ups (front and lateral) * Lunge onto BOSU |
| Phase 3 | * Bulgarian split squats (progress by adding hand weights – dumbbells or kettlebells) * Stair jumps (double and single leg) * Split squat jumps on BOSUs * Hopping and landing emphasising shock absorption and avoiding dynamic knee valgus * Lateral, frontal and backwards agility exercises * Running direction change exercises (progress from wide turn to tight turn/tight cut, from around a stationary object to an opponent) * Leg press * Quads strength with leg extension machine |
| Phase 4 | Injury prevention (refer to Section 1 of the consensus statement, and FIFA 11+ for Kids manual1 for guidance) |

References

**1.** Rössler R, Faude O, Bizzini M, Junge A, Dvorak J. *FIFA 11+ for Kids manual: a warm-up programme for preventing injuries in children's football*: FIFA Medical and Research Centre (F-MARC).