# 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
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| 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
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| 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

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| 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).