

Knee ligament rehabilitation

ACL and ligament injury



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Terminal knee extension



Heel on a rolled towel. Press the knee down straight. Getting it FULLY straight comes first.

Hold 5 seconds**20 times, 4 times a day****✓ Should feel**

The back of the knee stretching

X Should not feel

—



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Tighten the thigh hard with the knee straight.

Hold 5 seconds

20 times

✓ **Should feel**

The thigh working

✗ **Should not feel**

The thigh not switching on — tell us



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3

Heel slides



Slide the heel up to bend the knee.

10 times

4 times a day

✓ **Should feel**

The knee bending further each week

✗ **Should not feel**

Sharp pain



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4

Hamstring curl



Lying face down, bend the knee against light resistance.

12 times

Daily

✓ **Should feel**

The back of the thigh working

✗ **Should not feel**

Cramp



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5

Single-leg balance



Stand on one leg. Progress to eyes closed.

30 seconds

3 times daily

✓ **Should feel**

Steady control

✗ **Should not feel**

The knee giving way

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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