

Core Exercises for ACL Injury Prevention

Bridge Exercise - Starting Position

Lie on your back with your knees bent to prepare for the bridge exercise.



Bridge Exercise with Marching

Keep your pelvis level as you lift your hips/pelvis and buttocks into the air. Pause. Alternately, march on each foot. Lift your foot only 6-8 inches off of the ground. Return back down to the ground. Do not let your pelvis wobble as you move up and down or as you march your legs.

Perform 2-3 sets of 10 repetitions once per day.



Ball Bridge Exercise

Lie on your back with your feet on an exercise ball. Keep your pelvis level as you lift your hips/pelvis and buttocks into the air. Pause, and then return back down to the ground. Do not let your pelvis wobble as you move up and down. Do not hyperextend your knees, but keep a slight bend in the knees to activate the hamstring muscle more.

Perform 2-3 sets of 10 repetitions once per day.



Ball Bridge Exercise with Leg Raise

Keep your pelvis level as you lift your hips/pelvis and buttocks into the air. Pause, and then raise one leg about 8 inches. Return your leg to the exercise ball, and raise the other leg. Go slowly. If you are strong enough, then perform all 10 repetitions before lowering your buttocks back down to the ground. Do not let your pelvis wobble as you move up and down or when lifting your legs.

Perform 2-3 sets of 10 repetitions once per day.



Plank Exercise

Keep your chin tucked so you are looking straight to the ground. Your thighs, buttocks, stomach, and back muscles should all be engaged. Your elbows should be directly under your shoulders. Keep your body straight, do not tilt.

Perform 2 sets of 30-60 seconds once per day.



Side Plank Exercise

Keep your head in a neutral position and look straight ahead. Your thighs, buttocks, stomach, and back muscles should all be engaged. Your elbows should be directly under your shoulders. Keep your pelvis lifted up. Do not let it sag.

Perform 2 sets of 30-60 seconds once per day.

