



Advanced Agility Home Exercise Program for ACL Recovery

Lateral Single-Leg Depth Drop



Setup: Stand on a box with one foot hanging laterally off the edge.

Movement: Drop laterally and land on the opposite leg in an athletic position, maintaining balance and control for approximately three seconds.

Tip: You should keep your kneecap tracking over your toes when you land and try not to make a sound.

Single Leg Depth Jump to Broad



Setup: Stand on a box with one foot hanging forward off the edge.

Movement: Drop off the box, land on the same foot, and immediately perform a forward broad jump, landing on both feet.

Tip: Focus on balance and soft landings to avoid jarring impacts.

Sprint Start From Half Kneeling



Setup: Begin in a half-kneeling position with your forward knee on the opposite side of the direction of movement.

Movement: Explode laterally into a sprint from the kneeling position. You should sprint at a 90-degree angle from your kneeling position.

Tip: Use a strong initial push from your foot to generate power into the sprint.



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Sprint Start From Lateral Shuffle



Setup: Start in an athletic stance.

Movement: Perform a quick lateral shuffle 1-2 times, then immediately transition into a sprint in the direction of your shuffle.

Tip: Keep your hips low and transition quickly from shuffle to sprint.

Sprint Start From Stomach



Setup: Lie face down with hands at the side of your head, ready to push off.

Movement: Pull your hands down to your sides, then explosively push up and sprint forward.

Tip: Engage your core and transition quickly from prone to upright sprinting, focusing on an explosive first step.



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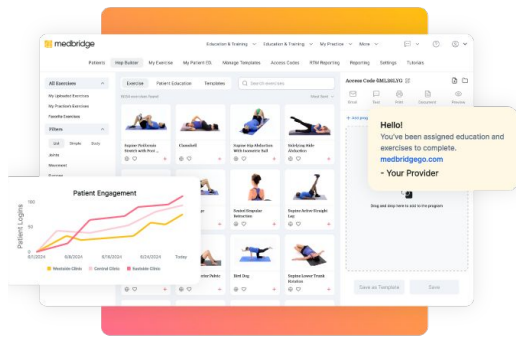
Sprint Start From Back



Setup: Lie on your back with your hands at your side.

Movement: Roll over quickly and accelerate forward, exploding through your planted foot.

Tip: Keep movements fluid and efficient, minimizing time between roll and sprint.



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Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.