



# Intermediate Agility Home Exercise Program for ACL Recovery

## A Hop



**Setup:** Start in a standing position with arms at your sides.

**Movement:** Lift one leg into the air to at least 90 degrees of hip bend, as well as the opposite arm, similar to sprinting. Hop in place on one leg while holding the opposite leg in a sprint position. Repeat on the opposite side.

**Tip:** Focus on stability through the stance leg and limit trunk sway.

## A Skip



**Setup:** Start in a standing position with arms at your sides.

**Movement:** Engage in small-range yet powerful skipping by lifting one knee and hopping off the opposite foot, coordinating arm drive. The foot drive should be explosive to mimic athletic movements. Focus on hip drive.

**Tip:** Keep the rhythm smooth and land quietly with each skip. Attempt to form a 90 degree angle at the knee while you are pulling your toes up.

## B March



**Setup:** Stand tall with feet hip-width apart and hands at your hips.

**Movement:** Lift one knee into the air in front of you while simultaneously lifting your opposite arm. Then, extend your leg out in front before pulling it back down quickly to the ground. Alternate sides, marching forward as you go.

**Tip:** Focus on driving your hip up to initiate the motion, then pulling your foot quickly down to the ground to activate your hamstrings. Maintain upright posture, focus on staying tall.



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### B Skip



**Setup:** Stand tall with feet hip-width apart and hands on your hips.

**Movement:** Lift one knee into the air in front of you while simultaneously lifting your opposite arm. Then, extend your leg out in front before pulling it back down quickly to the ground. Use this momentum to create a skipping motion. Alternate sides, skipping forward as you go.

**Tip:** Control each leg extension and avoid hyperextending the knee.

### Wall Drill - Lateral Load and Lift



**Setup:** Stand slightly further than one arm's arm-width away from the wall with feet together. Lean into the wall, supporting yourself with your arm. Stand on your outside foot.

**Movement:** Load into the hip farthest from the wall by reaching your foot behind you and away from the wall. Drive your knee forward and toward the wall in an explosive fashion.

**Tip:** Keep your hips level, and focus on creating an explosive motion by pushing through your big toe, knee, and hip of your standing side.

### Lateral Crossover Skip



**Setup:** Start in a standing position.

**Movement:** Begin by marching, then advance the marching into a skip. Once you have the rhythm, cut laterally by pushing off the outside of your leading foot. Drive the lead knee vertically before repeating the next crossover movement. Repeat the lateral motion with each skip through the front leg.

**Tip:** Explode into the cut to simulate a change of direction during athletic activities. Keep your shoulders facing forward throughout the activity.



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### Lateral Shuffle Cut Skip



**Setup:** Start in a standing position.

**Movement:** Begin by marching, then advance the marching into a skip. Once you have the rhythm, cut laterally by pushing off your back leg through the big toe. Repeat the lateral motion with each skip through the back leg.

**Tip:** Explode into the cut to simulate a change of direction during athletic activities. Keep your shoulders facing forward throughout the activity.

### Push to Base and Return



**Setup:** Start in an athletic squat position with feet wider than shoulder-width apart.

**Movement:** Explosively push off your back leg through the inside part of your foot to cover as much ground as possible to reset into the athletic position. Repeat in the opposite direction without hesitation.

**Tip:** Keep your hips low and weight balanced throughout the motion. Try to perform the motion as quickly and efficiently as possible.



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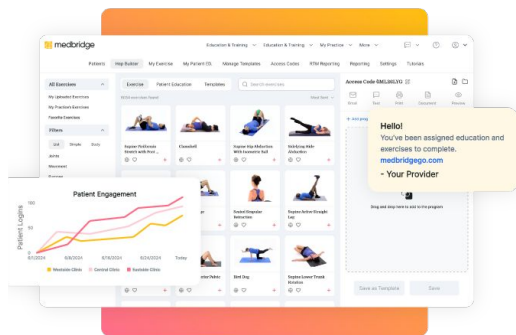
## Push to Base



**Setup:** Start in an athletic squat position with feet wider than shoulder-width apart.

**Movement:** Explosively push off your back leg through the inside part of your foot to cover as much ground as possible to reset into the athletic position. Repeat in the same direction.

**Tip:** Keep your hips low and weight balanced throughout the motion. Try to perform the motion as quickly and efficiently as possible.



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