

# 7 TIPS FOR POST ACL SURGERY

## To Return To Sport Activities



**LYMPUS**  
MOVEMENT  
PERFORMANCE

**BY: ANNEMARIE ALF, PT, DPT, CSCS, SFMA**

# **#1: STRENGTH TRAINING (IN ALL 3 PLANES)**

All sports take place in multiple directions; forward/ backward, lateral or side/ side; and rotational- changing of directions. Therefore, it is extremely important to incorporate multi-directional strength training in order to return to sport in a safe, effective and efficient manner.

# **#2: POSTERIOR CHAIN ECCENTRICS**

Posterior chain includes our glutes, and hamstrings, as well as our calves and lower back musculature. Often times, ACL injuries are caused by weakness or decreased activation time of our posterior chain musculature. Eccentric control of a muscle occurs in its lengthening phase- more commonly thought of as deceleration. Eccentric Partner Glute Ham Raises and Single Leg Romanian Deadlifts are necessary staples.

## **#3: PLYOMETRICS/ LANDING TRAINING**

Research has shown a 6x greater incidence of a 2nd ACL injury, specifically non contact injuries. A large reason for this is a lack of an advanced neuromuscular retraining program. This needs to be the focus of a jump and landing training program.

## **#4: SINGLE LEG STRENGTH AND STABILITY**

Extremely important to help eliminate imbalances. Lunges, rear foot elevated split squats, single leg RDLs, and eccentric step downs are all cornerstones of a return to sport program.

## **#5: HOP TESTING**

This is an important return to sport requirement to compare injured versus healthy hop distance, speed and different directions.

## **#6: AGILITY**

change of direction and ability to decelerate and accelerate efficiently and safely.

# **#7: MOVEMENT PATTERNS**

The objective of the neuromuscular training was to improve the ability to generate a fast and optimal muscle firing pattern, to increase dynamic joint stability, and to relearn movement patterns and skills necessary during activities of daily living and sports activities. Emphasis on proper squat, hinge, and single leg activities, as well as jumping and landing technique are all essential for return to play.

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