

ACL Prevention

Objectives: Optimize prevention of ACL injury.

ACL injuries happen in sports; however, many of these injuries could be avoided with some simple preventive exercises. Better preparation and muscular balance are keys. These exercises are to be performed after the Core training session.

Single leg bridge: 2 sets of 15-20.

Ball squeezes: 2 sets of 15.

Single leg reach: 3 sets of 12.