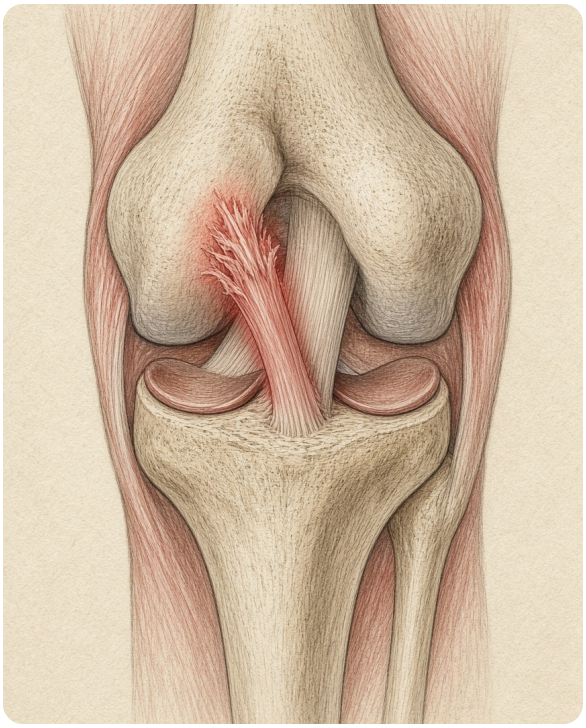
ARMIN PHYSIO



PATIENT GUIDE

ACL Tear

Knee giving way or collapsing? It could be an **ACL tear.**

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What is an ACL tear?

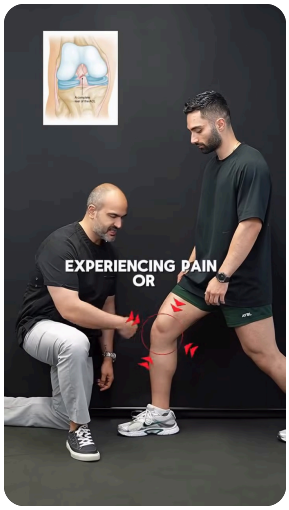
The anterior cruciate ligament (ACL) runs through the middle of the knee and stops the shin bone sliding forward and twisting. It's often injured with a sudden pivot, landing or change of direction. A sprain or tear can cause pain and swelling inside the knee and a feeling that the knee gives way. This guide has two stages: Stage 1 for the earlier phase, and Stage 2 once your knee isn't collapsing anymore.

QUICK CHECK

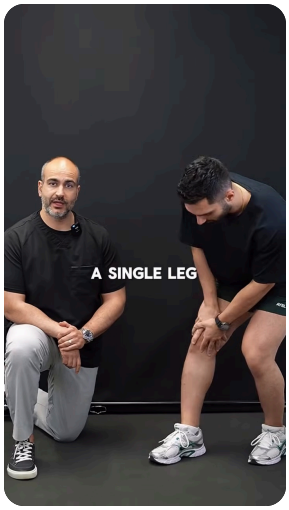
Does this sound like you?

- [ ] Pain or **swelling inside the knee joint**
- [ ] Your knee **gives way** when you walk
- [ ] Your knee **collapses** if you try a single-leg squat
- [ ] Pain when trying to **bend or straighten** the knee
- [ ] Injured with a **pivot, twist or awkward landing**

If you ticked a few boxes, your ACL could be injured. Get it assessed, then start with Stage 1 (exercises 1–3).



Pain or swelling inside the knee



Knee collapses on a single-leg squat

YOUR 6 EXERCISES

Try these exercises

1 Banded terminal knee extension

Trains the quads to fully straighten and control the knee



1. **Loop a band just above the knee** (anchored in front of you).
2. Start with the knee slightly bent. **Try to extend that knee** all the way, working on terminal knee extension.
3. Activate the quads at the end, then relax back.
4. You can **place a ball behind the leg** to prevent hyperextension.
5. Repeat.

3 sets of 12–15 reps, daily

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Ball hamstring curl

Strengthens the hamstrings at the back of the thigh





1. **Lie down flat on your back** with your legs on a ball.
2. **Dig your heels right into the ball.**
3. **Pull the ball as close as you can towards your hips** — only up to a point with **no pain**.
4. **Go right back out** and repeat.

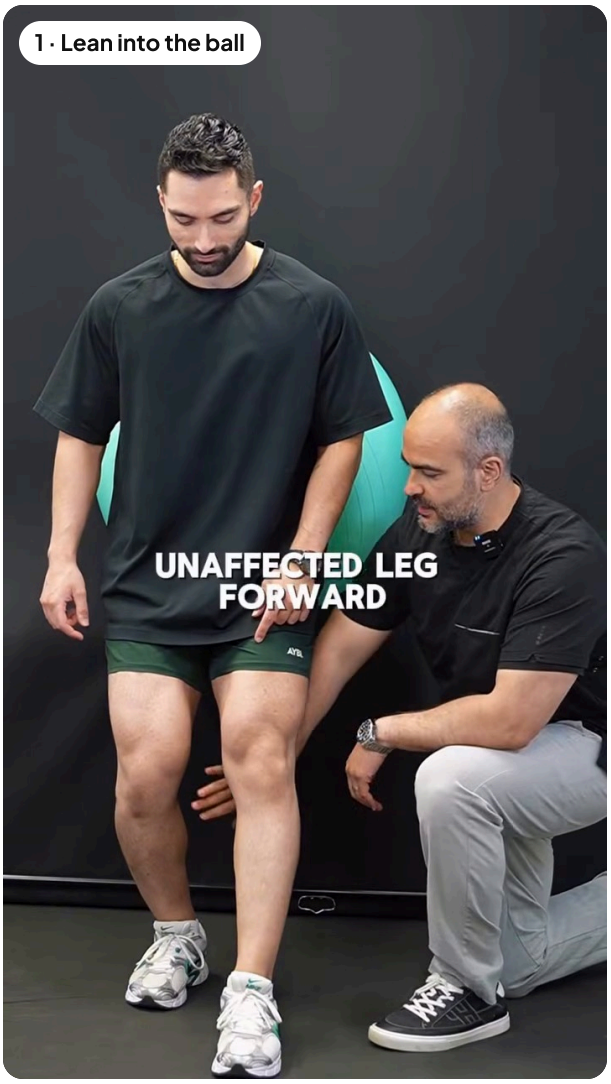
3 sets of 12–15 reps, daily

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Wall ball single-leg squat

Works the affected leg in a pain-free range





1. **Place the ball against the wall** and **lean into the ball** with your back.
2. Bring the unaffected leg forward, so you're standing on the **affected leg**.
3. **Do a little single-leg squat** and come up.
4. Work this leg **in a pain-free range**. Repeat.

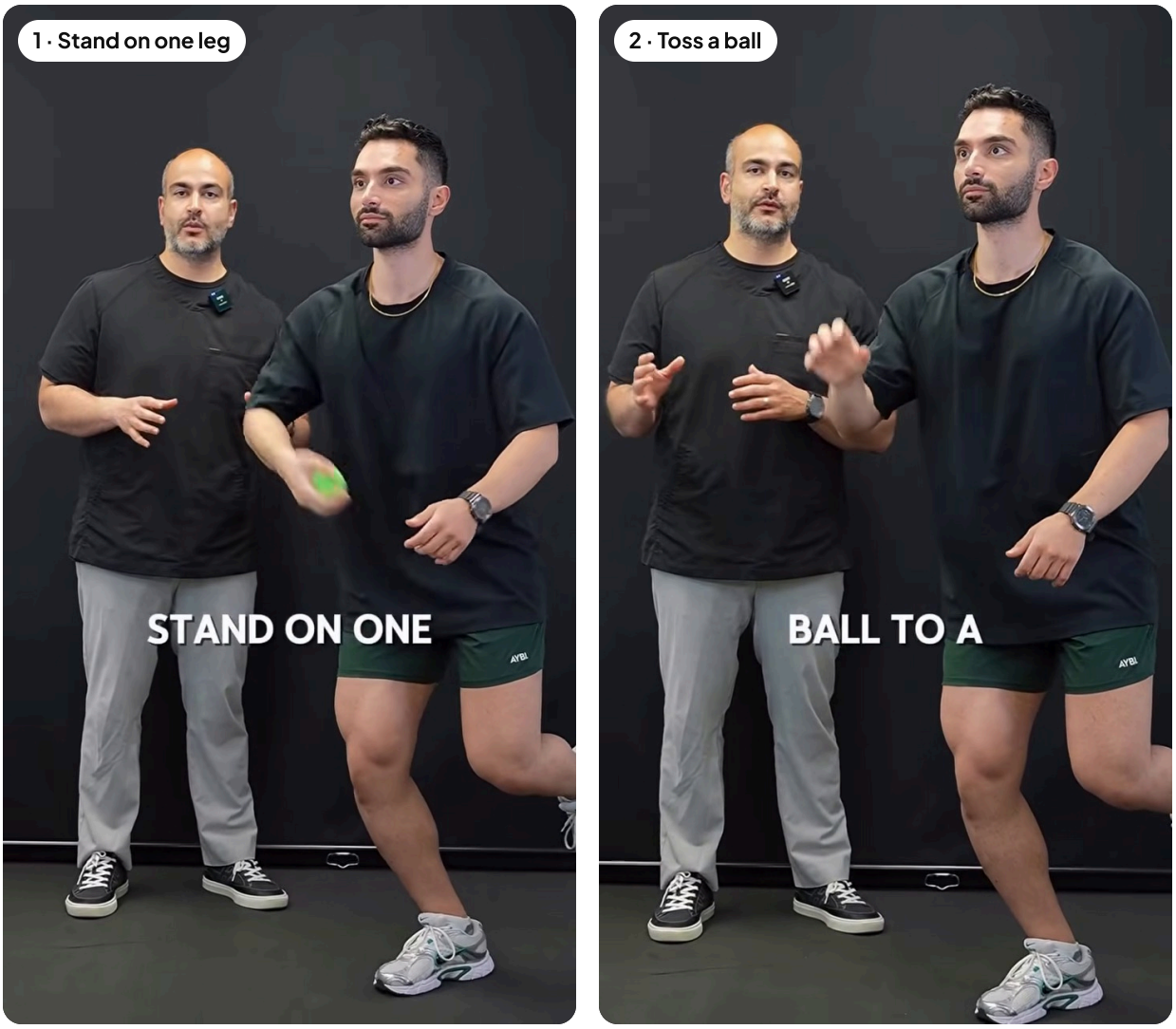
3 sets of 12–15 reps, daily

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

4 Stage 2 · Single-leg balance toss

Rebuilds balance and control on the affected leg



1. Start this once your knee isn't collapsing when you walk.
2. **Stand on one leg** (the affected leg).
3. **Toss a ball to a friend or a wall** and catch it.
4. Keep your balance and repeat.

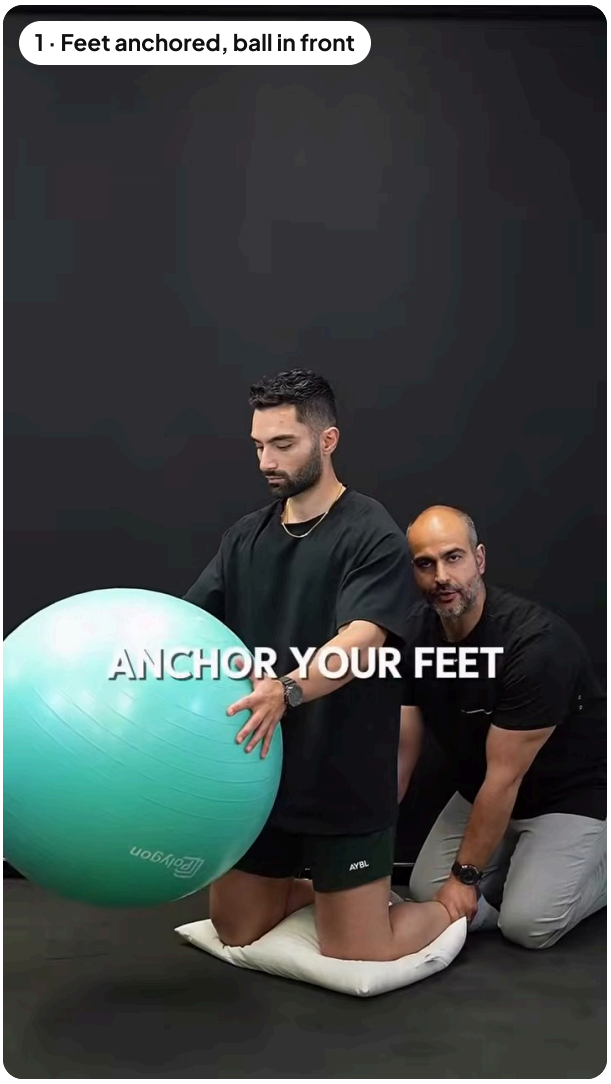
3 sets of 30–60 seconds

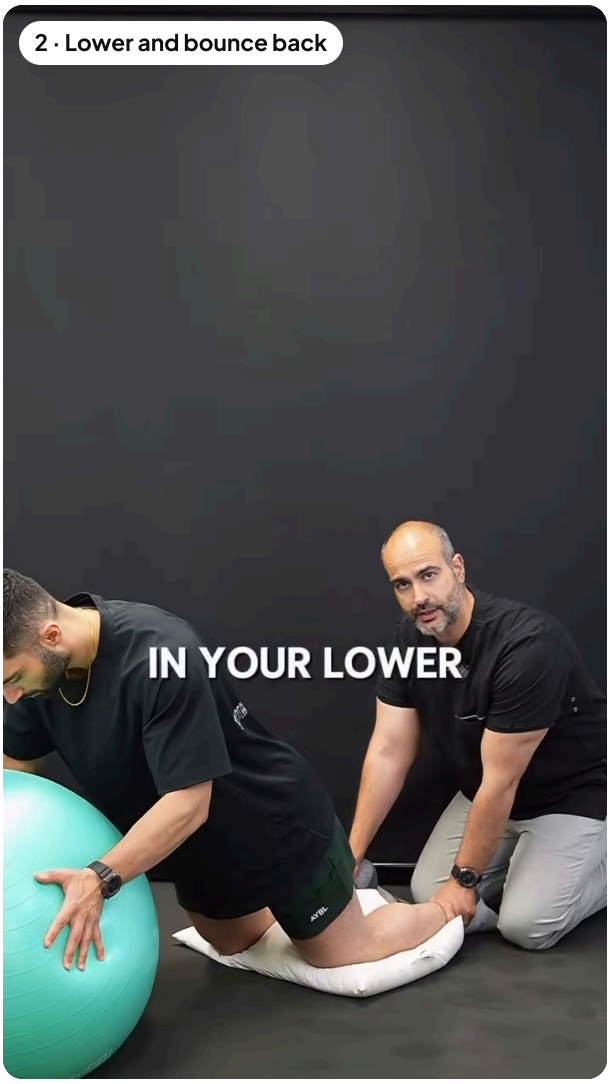
Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

5 Stage 2 · Ball–assisted hamstring lower

Works your hamstrings and all the muscles in your lower body





1. Kneel on a pad and **anchor your feet down** (a partner holds them).
2. **Slowly lower your body** forward, using a ball to control it.
3. **Bounce right back up.**
4. This works your hamstrings and all the muscles in your lower body. Repeat.

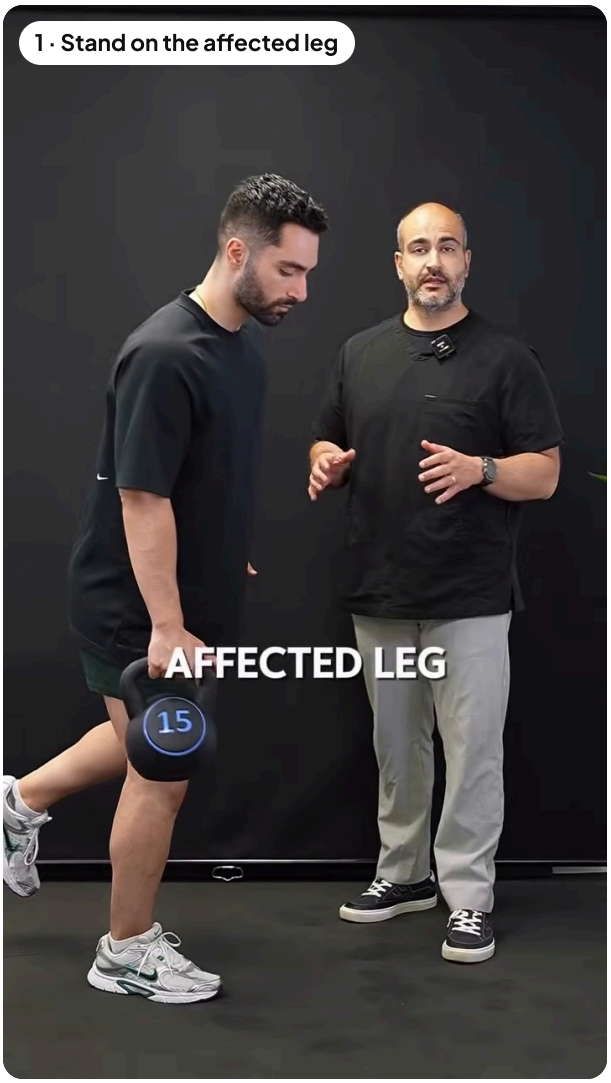
3 sets of 12–15 reps, daily

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

6 Stage 2 · Single-leg weighted reach

Works the coordination, strength and balance of the affected leg





1. **Stand on the affected leg**, holding on to some weight.
2. **Slowly lower your body down**, hinging forward.
3. **Come right back up.**
4. This works the coordination, strength and balance of the affected leg. Repeat.

3 sets of 12–15 reps, daily

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 15–20 MINUTES

Put it together

01
Stage 1
Banded knee extension; ball hamstring curl; wall ball single-leg squat

02
Stage 2
Add the balance toss, hamstring lower and weighted reach

03
When
Move to Stage 2 once the knee isn't collapsing and single-leg work only causes a little pain

3 sets of 12–15 reps daily are from Armin's video description. Stage 2 timing is from his part 2 video. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp pain in the knee, or the knee **locks or gives way**
- Pain above about 4/10, or pain that keeps building as you go
- **More swelling**, or pain that's worse the next day

A suspected ACL tear should be assessed by a physio or doctor, especially if the knee keeps giving way.

SAFETY FIRST

Get checked right away if you have

- You **can't put weight on the leg** or heard a **pop** with rapid swelling after an injury
- The knee is **locked** and you can't straighten it
- A **hot, red, swollen** knee with **fever** or feeling unwell
- **Calf pain, swelling or redness**, especially with shortness of breath
- **Numbness, tingling** or weakness in the leg or foot
- **Constant pain at night** or at rest that doesn't ease

Calf swelling with shortness of breath or chest pain needs **911**. If you can't bear weight after an injury, or have a hot swollen knee with fever, **go to the nearest emergency department**. For the others, see a doctor promptly. If your knee isn't improving after a few weeks, **book an assessment**.

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NEED MORE HELP?

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In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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