

Anterior cruciate ligament (ACL) Injury Prevention Programme

Recent studies have shown that the incidence of both first time anterior cruciate ligament (ACL) injuries and further injuries after reconstruction can be significantly reduced with the implementation of a specific warm up programme. The following 'Prevent Injury and Enhance Performance' (PEP) programme, has been developed by the Santa Monica Orthopaedic and Sports Medicine Research Foundation. Optimally, the programme should be performed at least 2-3 times per week. **It is important to use proper technique during the jumping moves and aim for soft landings.** Video examples of this programme can be found [here](#)

Basic Components of the PEP Programme

Warm-up (50 Metres each)

- Jog in a straight line
- Shuttle run
- Backward running

Stretching (30 x 2 reps each)

- Calf stretch
- Quadriceps stretch
- Hamstring stretch
- Inner thigh stretch
- Hip flexor stretch



Strengthening

- Walking lunges (20 metres x 2 sets)
- Bridging (3x10)
- Russian hamstring (3 sets x 10 reps)
- Single toe raises (30 reps on each side)

Plyometric (20 reps each)

- Lateral hops over 2 to 6 inch cone
- Forward / backward hops over 2 to 6 inch cone
- Single leg hops over 2 to 6 inch cone
- Vertical jumps with headers
- Scissors jumps

Agilities

- Shuttle run with forward / backward running (40 metres)
- Diagonal run (40 metres)
- Bounding run (40 – 50 metres)

The Santa Monica Orthopaedic and Sports Medicine Research Foundation, through a grant from the LA84 Foundation, has designed the PEP Program: Prevent Injury and Enhance Performance. It is a football-oriented exercise program designed by doctors, physiotherapists, and athletic trainers to reduce the incidence ACL injuries in football. It can be completed on a field and does not require special equipment. The PEP programme takes approximately 15 to 20 minutes to complete and should replace your standard warm-up routine. The programme should be completed two or three times each week.

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone 01225 825656/ 826319.