

## HOME EXERCISE PROGRAM

## ACL Return-to-Sport Program

*Advanced plyometric and agility progression — the final phase before returning to sport*

This is the advanced, final phase of ACL recovery — the plyometric jumping, hopping, and agility drills that prepare your knee for the cutting and pivoting of sport. Begin these ONLY after Dr. Pettit has cleared you and you have rebuilt full strength; starting too early puts the graft at risk. Always warm up first. On every landing, keep the knee soft and tracking over the toes and absorb the impact quietly. Stop and let Dr. Pettit know if you have pain, swelling, or any sense of the knee giving way.

### LANDING & PLYOMETRIC CONTROL

*Master soft, controlled landings before adding speed. Land quietly with the knees bent and tracking over the toes.*



#### Double-Leg Drop Jump

**3 sets × 8, 2–3 days/week**

Step off a low box and land softly on both feet with the knees bent and tracking over the toes, then immediately explode straight up. Absorb every landing quietly.



#### Box Jump

**3 sets × 8, 2–3 days/week**

From a shallow squat, jump onto a sturdy box and land softly in a squat, then stand tall. Step down (do not jump down) to protect the knee.

### HOP PROGRESSION

*Rebuild single-leg power and landing control. Keep the knee over the toes and control your balance on every landing.*



### Single-Leg Hop

**3 sets × 6 each leg**

Hop forward on one leg and land softly on the same leg, controlling your balance for a moment before the next hop.



### Triple Hop

**3 sets × 5 each leg**

Perform three continuous forward hops on the same leg, then stick and hold the final landing under control.



### Crossover Hop

**3 sets × 5 each leg**

Hop forward and diagonally across your body, alternating the direction each hop. Land softly and stay balanced.



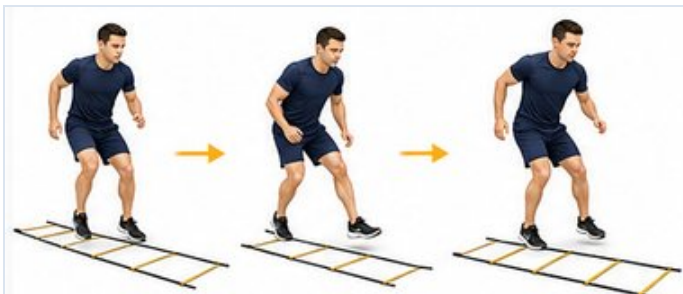
### Lateral Hop

**3 sets × 10 each direction**

Hop side to side over a line, landing softly on the outside leg each time and controlling your balance before the next hop.

## AGILITY & SPORT-SPECIFIC DRILLS

*Add speed and change of direction once hops are controlled and pain-free. Focus on controlled deceleration.*



### Agility Ladder

**3–4 drills, 2 passes each**

Move quickly through an agility ladder with light, quick steps, keeping your weight balanced and your knees soft.



### Shuttle Run

**5–6 sprints, full recovery between**

Sprint to a cone, touch or circle it, and sprint back. Focus on a controlled deceleration and a smooth change of direction.



## Carioca Drill

**3 × 20 yards each direction**

Move sideways by crossing one foot in front, then stepping behind with the other — a grapevine pattern that trains rotational control.

*Stop and call the office at (513) 354-3700 if any exercise causes sharp pain, new swelling, numbness, or symptoms that worsen into the next day. This general program is patient education and does not replace an individualized plan from Dr. Pettit or your physical therapist. If you are recovering from surgery, follow your specific post-operative protocol first.*



**SCAN FOR THE LATEST VERSION ONLINE**

[robertpettitmd.com/exercise-programs/acl-rt.html](http://robertpettitmd.com/exercise-programs/acl-rt.html)

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