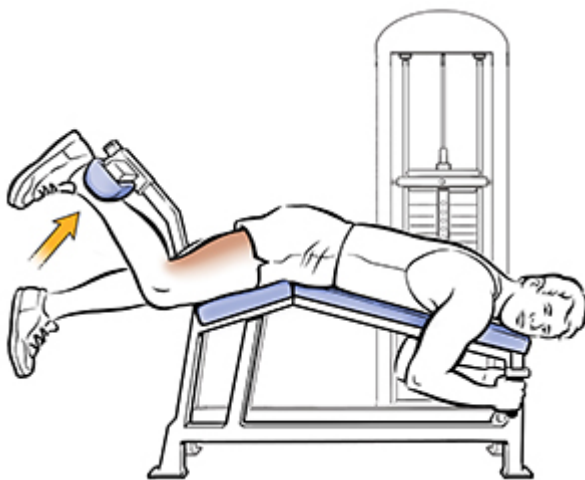


## Hamstring Curl for ACL Healing



When you can bear weight on your leg without pain, slowly add advanced exercises to your workout. Using gym equipment can be a good way to improve your knee function. Before you start, talk with a physical therapist or certified athletic trainer. Learn how to use the equipment the correct way. After warming up and stretching for a few minutes, start the exercise slowly. Rest between each set. As you feel stronger, increase the number of sets:

- Lie down on your stomach. Be careful not to arch your back.
- Place your heel beneath the bar of the weight machine.
- Using a steady movement, lift your heel toward your buttocks as far as you comfortably can. Then let your leg uncurl with a slow and steady movement.
- Do 2 to 3 sets of 10 to 15 repetitions.



### Caution

Ask your healthcare provider if you're ready to do this exercise. If you do too much too soon, you could create new knee problems,. You could even hurt your knee again.

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