

ACL Rehabilitation: Stationary Bike



After you regain muscle control, it's time to build strength. This improves your ability to put your full weight on your leg. For best results, warm up and stretch before starting. If your injury is recent, wait until swelling and pain decrease before doing this exercise, or as directed by your healthcare provider.

- Adjust your seat height so the bottom of your foot just touches the pedal. Then complete a full turn.
- Once you can move your leg through a full turn, slowly pedal for 5 to 10 minutes. Alternate between pedaling forward and backward.
- As your range of motion improves, pedal at a faster, steady pace.
- To increase your endurance, pedal a few minutes longer and at a higher intensity each day.



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