

Supplementary file 2

Exercise examples for each phase of paediatric ACL rehabilitation

Phase 1	<ul style="list-style-type: none">• Stationary bike• Active extension (unloaded)• Quads setting• Squat variants with and without support• Single limb standing (control of isometric terminal knee extension)• Closed chain hip and pelvis control exercises
Phase 2	<ul style="list-style-type: none">• Single limb standing control of dynamic terminal knee extension• Single leg squats• Bridging• Squats on BOSU• Step-ups (front and lateral)• Lunge onto BOSU
Phase 3	<ul style="list-style-type: none">• Bulgarian split squats (progress by adding hand weights – dumbbells or kettlebells)• Stair jumps (double and single leg)• Split squat jumps on BOSUs• Hopping and landing emphasising shock absorption and avoiding dynamic knee valgus• Lateral, frontal and backwards agility exercises• Running direction change exercises (progress from wide turn to tight turn/tight cut, from around a stationary object to an opponent)• Leg press• Quads strength with leg extension machine
Phase 4	Injury prevention (refer to Section 1 of the consensus statement, and FIFA 11+ for Kids manual ¹ for guidance)

References

1. Rössler R, Faude O, Bizzini M, Junge A, Dvorak J. *FIFA 11+ for Kids manual: a warm-up programme for preventing injuries in children's football*: FIFA Medical and Research Centre (F-MARC).