

STEP 1



STEP 2



## Squat Jumps

**REPS:** 10 | **SETS:** 3 | **WEEKLY:** 5x | **DAILY:** 1x

### Setup

- Begin in a standing upright position with your feet slightly wider than shoulder width apart.

### Movement

- Lower yourself into a squatting position with your arms straight, then jump up, moving your arms back as you do. Land in a squat and repeat the movement.

### Tip

- Make sure your knees do not collapse inward or move forward past your toes as you land, and try not to over arch your back.

STEP 1



STEP 2



## Jump Lunges

**REPS:** 10 | **SETS:** 3 | **WEEKLY:** 5x | **DAILY:** 1x

### Clinician Notes:

Can also perform a lunge into a single leg hop on the same leg, returning to lunge position after every jump.

### Setup

- Begin in a lunge position.

### Movement

- Jump straight upward and switch the position of your legs, landing back in a lunge position. Continue these jumps, alternating your legs each time.

### Tip

- Make sure to keep your back straight and do not let your knees collapse inward or move forward past your toes as you land in the lunge.

STEP 1



STEP 2



## Side Plank on Elbow with Hip Abduction

**REPS:** 10 | **SETS:** 2-3 | **WEEKLY:** 5x | **DAILY:** 1x

### Clinician Notes:

Start with side plank without leg raise if difficulty is too high.

### Setup

- Begin lying on your side with your feet stacked, resting on your elbow. Lift your hips off the floor into a side plank position.

### Movement

- Hold this position and lift your upper leg, then lower it back down and repeat.

### Tip

- Make sure not to let your hips drop toward the floor, or roll forward or backward during the exercise.

STEP 1



STEP 2



## Supine Bridge

**REPS:** 10 | **SETS:** 2-3 | **WEEKLY:** 5x | **DAILY:** 1x

### Setup

- Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

### Movement

- Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

### Tip

- Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

STEP 1



STEP 2



## Supine Bridge with Leg Extension

**REPS:** 10 | **SETS:** 2-3 | **WEEKLY:** 5x | **DAILY:** 1x

### Setup

- Begin lying on your back with your arms resting at your sides, your knees bent, and your feet flat on the ground.

### Movement

- Tighten your abdominals and slowly lift your hips off the floor into a bridge position. Keeping your trunk stiff, straighten one of your legs and hold.

### Tip

- Make sure to maintain your balance during the exercise and do not let your hips fall towards the ground.

STEP 1



STEP 2



STEP 3



## Side Stepping with Resistance at Feet

REPS: 10 | SETS: 3 | WEEKLY: 5x | DAILY: 1x

### Setup

- Begin in a standing upright position with a resistance band looped around your ankles.

### Movement

- Slowly step sideways, maintaining tension in the band. Repeat in the opposite direction.

### Tip

- Make sure to keep your feet pointing straight forward and do not lean your torso to either side as you step.

STEP 1



STEP 2



## Sidestepping in Squat with Resistance and Arms Forward

REPS: 10 | SETS: 3 | WEEKLY: 5x | DAILY: 1x

### Clinician Notes:

Alternative to band walks with resistance around feet

### Setup

- Begin in a standing upright position with a resistance loop around your legs. Squat, then lift your arms straight forward.

### Movement

- Step sideways with one foot, then follow it with your other foot. When you reach the end of your space, step back in the other direction to the starting position.

### Tip

- Make sure to keep your body low in the squat position as you walk. Activate your core to keep your trunk stable.

STEP 1



STEP 2



## Reverse Band Walks

REPS: 10 | SETS: 3 | WEEKLY: 5x | DAILY: 1x

### Setup

- Begin in a standing position with your knees and hips slightly bent, feet shoulder width apart, and a resistance loop around your ankles.

### Movement

- Slowly walk backward one foot at a time.

### Tip

- Make sure not to let your feet drag on the ground or let your knees collapse inward during the exercise.

STEP 1



STEP 2



## Forward Band Walks with Resistance at Thighs and Ankles

REPS: 10 | SETS: 3 | WEEKLY: 5x | DAILY: 1x

### Setup

- Begin standing upright with a resistance band looped around your thighs and another looped around your ankles. Bend your knees slightly so you are in a mini squat position.

### Movement

- Slowly walk forward, maintaining tension in the bands.

### Tip

- Make sure to keep your feet pointing straight forward. Do not drag your feet on the ground or let your knees collapse inward during the exercise.

STEP 1



STEP 2



## Kneeling Eccentric Hamstring Strengthening with Caregiver

REPS: 5-10 | WEEKLY: 1-2x |

### Clinician Notes:

\*Be careful not to do before a game or competition as this exercise can cause muscle soreness. Do in small reps not in a large volume.

### Setup

- The patient should be in a tall kneeling position at the end of a mat or firm bed. The caregiver should be behind the patient anchoring their lower legs to the floor.

### Movement

- The patient should tighten their abdominals and slowly lean their body as far forward as they can maintain control. Return to an upright position and repeat.

### Tip

- The patient should make sure to keep their body in a straight line and should not hinge at their hips during the exercise.