

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.



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.



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.



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

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.

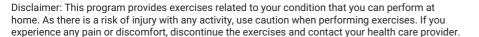
Movement

• 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 2



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.







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.