

Clinician Notes

In an effort to increase strength, function, and resistance to injury, this program should be completed 3 times per week. It should not be completed on consecutive days and also should not be done before a game.

STEP 1



STEP 2



Standard Plank

SETS: 3 | SECONDS: 30 | WEEKLY: 3

Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



Side Plank on Elbow

SETS: 3 | SECONDS: 30 | WEEKLY: 3

Setup

Begin lying on your side with your feet stacked, resting on your elbow.

Movement

Lift your hips off the floor so your body is in a straight line and your hips and shoulders are facing forward. Hold this position.

Tip

Make sure to keep your head in line with your trunk, do not let your hips drop toward the floor, and do not roll forward or backward during the exercise.

STEP 1



STEP 2



Kneeling Eccentric Hamstring Strengthening with Caregiver

REPS: 10 | SETS: 1 | WEEKLY: 3

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

Your body should be completely straight from the shoulder to the knee throughout the exercises. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles.

When you can no longer hold the position, gently take your weight on your hands, pulling into a push-up position.

Tip

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

STEP 1



Single Leg Stance

SETS: 3 | SECONDS: 30 | WEEKLY: 3

Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

Movement

Balance on one leg while holding the ball with both hands.

Keep your body weight on the ball of your foot.

Tip

Try not to let your knees buckle inwards.

This exercise can be made more difficult by

Passing the ball around your waist or under your knee.

Throwing the ball to a teammate 3 yards away.

Having a partner toss the ball to your thigh or foot and you return the ball to them in the air.

STEP 1



STEP 2



Walking Forward Lunge

REPS: 10 | SETS: 2 | WEEKLY: 3

Setup

Begin standing upright with your hands at your hips.

Movement

Lunge forward slowly at an even pace.

As you lunge, bend your leading leg until your hip and knee are flexed to 90 degrees.

Lunge your way across the pitch. This should be about 10 reps on each leg.

Tip

Make sure to keep your trunk upright during the exercise. Do not let either knee collapse inward or let your knees move forward past your toes.

STEP 1



STEP 2



Lateral Single Leg Lunge Jumps

SETS: 2 | SECONDS: 30 | WEEKLY: 3

Setup

Begin in a standing upright position.

Movement

Jump approximately 1 yard sideways from the supporting leg on to the free leg.

Land gently on the ball of your foot.

Bend your hips and knees slightly as you land.

Maintain your balance with each jump.

Tip

Focus on making your landings as soft as possible, and maintain control during the exercise. Do not let your knee buckle inwards as you land.

STEP 1



STEP 2



Side Stepping with Resistance at Ankles

REPS: 15 | SETS: 2 | WEEKLY: 3

Setup

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

Movement

Slowly step sideways, maintaining tension in the band.

Tip

Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.

STEP 1



STEP 2



Squat with Resistance at Thighs

REPS: 15 | SETS: 2 | WEEKLY: 3

Setup

Stand with your feet slightly wider than shoulder-width apart and a resistance band or loop secured around your lower thigh just above the knee.

Movement

Bend at your knees and hips, lowering your body toward the ground to perform a squat, then return to your starting position.

Tip

Make sure to keep your back straight by bending at the hips. Do not allow your knees to collapse inward during the exercise.

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



Forward Monster Walks

REPS: 15 | SETS: 2 | WEEKLY: 3

Setup

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

Movement

Slightly bend your knees into a mini squat position. Step diagonally forward with one foot, then slowly bring your feet together. Repeat in the opposite direction.

Tip

Make sure to keep your chest upright and do not bend your knees forward past your toes.