

Lower Extremity Strengthening and Plyometric Home Exercise Program

All exercises should be completed as 3 sets of 10 repetitions, unless otherwise instructed. All plyometrics should be completed as 3 sets of 30 seconds, unless otherwise instructed. These exercises should be completed 1-2 times per day, about 5 times per week. These exercises should be performed on both lower extremities following a good warm-up.

Standing Clam Shells

Place a resistance band around your knees (optional). Stand in a high squat position with your hips and knees bent about 45°. Keep your back straight and your knees in line with your toes. Keep both feet firmly on the ground, and allow one leg to dip inwards towards the other stable knee. Then use your hip muscles to pull that knee back out to the starting position.



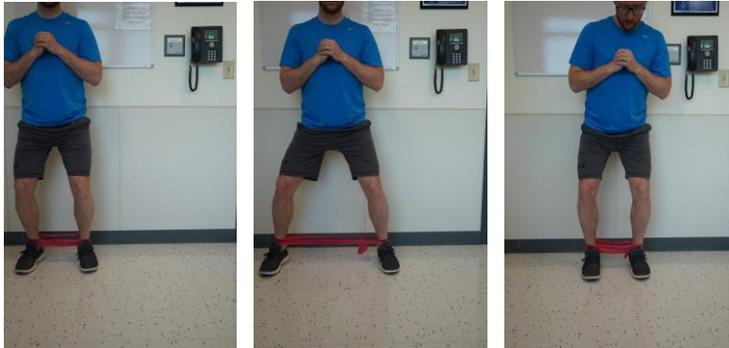
Squat with Hip Abduction

Stand with feet shoulder with apart. Lower yourself down into a squat position with hips and knees bent at least 45°. Keep your back straight and your knees in line with your toes. Upon returning to a full standing position, lift one leg off of the ground and bring your foot and leg up to the side. Be sure to maintain your balance while standing on one leg. Then return this foot to the ground and begin the next squat in sequence.



Lateral Band Walks

Place a resistance band around your ankles (optional). Stand in a high squat position with your hips and knees bent about 45°. Keep your back straight and your knees in line with your toes. Take a large step to the side with one leg and plant your foot firmly on the ground. Allow the other leg to follow back into the starting position in a slow and controlled manner. Continue in this direction, and then switch directions to work on your other leg.



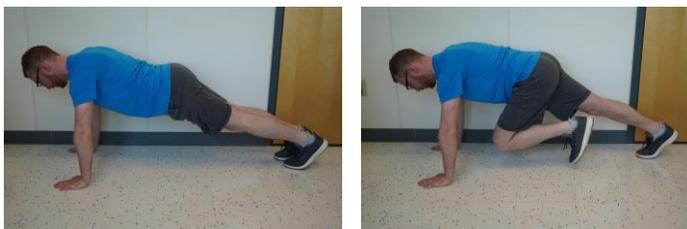
Single Leg RDL (Bird Dips)

Standing on one leg, place your hands on your hips and slightly bend the knee of the leg that you are balancing on. Bend forward at the waist, and lower your chest as far as you can go. Maintain a straight posture through your back and neck. Raise your torso back up to the starting position slowly.



Mountain Climbers

Start in a tabletop position balancing on your toes/balls off your feet and your arms straight. Transition to balancing on one leg while you bring the opposing knee to your chest. Bring this leg back down next to your other, and repeat with the opposite leg. Continue this in an alternating pattern maintaining a straight line posture from head to heel.



Lunges

Standing with your hands on your hips and your feet shoulder width apart, take a step forward and lower yourself in a controlled fashion. Allow your back leg to lower to a point just before it touches the ground. Allow your lead leg to lower to a 90° angle if possible. Step backwards and return to your starting position. Then follow this same motion with the opposite leg.



Planks

Front – Lay on your stomach. Raise up on your elbows and toes to bring your hips off of the ground. Maintain a straight line posture from head to toe.

Side – Lay flat on your side. Raise up on your elbow and side of your foot to bring your hip off of the ground. Maintain a straight line posture from head to toe and complete on both sides.

Reverse – Lay flat on your back. Raise up on your elbows and heels to bring your hips off of the ground. Maintain a straight line posture from head to toe.



Ankle Hops

Start with your feet firmly on the ground and shoulder width apart. Allow a slight bend in the knees, and use the balls of your feet and ankles to propel yourself into a hop in the air. Raise your arms in the air as you ascend, and lower then as you descend. Land on the balls of your feet and allow a slight bend in the knees to rebound.



Jump Squats

Standing with your feet shoulder width apart, lower yourself down into a squat. Jump up as high as you can, reaching both arms in the air. Land on the balls of your feet and return down to the squatting position. Maintain proper knee mechanics throughout this exercise, keeping them in line with your shoulders and ankles and not surpassing your toes.



Speed Skaters

Stand on one leg with hips and knees slightly bent. One leg should be crossed behind the other. Jump to the side to land on the raised leg, allowing the other leg to then cross behind the landing leg. Continue this sequence back and forth alternating legs. Be sure to keep a slight bend in the hips and knees throughout the process.

