

Description:

Risk Factor trained:

Foot Biomechanics

Protocol:

Starting Position:

Barefoot lunge position, 1 foot on BOSU and holding a ball.

Action:

Keep forward lunge position and rotate the trunk with the ball close to your body. At the same time, push down your big toe in the BOSU.

Sets and Reps:

3x10, progress to 5x20.

Progression/variation:

Use a Theraband to bring you off balance from the medial side.

Equipment:

BOSU Ball

Ball

Theraband

Cues:

Keep the knee stable

Allow a supinating movement of the front foot

Keep toes of both feet pointing forward

Keep a neutral pelvic and lumbar alignment



Description: Lateral bridging combining rotatory control.

Risk Factor trained: Core Stability

Protocol: **Starting Position:**
Push-up position.

Action:

Performing an upper core rotation with arm elevation ending in a lateral plank position while controlling rotation stability.

Sets and Reps:

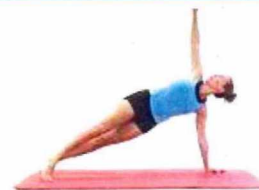
3x20 reps

Progression/variation:

Increase speed while maintaining core rotation stability.

Equipment: Exercise mat

Cues:
Start from push-up position.
Perform an upper core rotation with arm elevation in the coronal plane.
End movement when achieving lateral plank position.
Maintain core stability.



Lateral bridging rotatory control

Description:	Prone horizontal abduction with SB and dumbbells.
Risk Factor trained:	Core Stability
Protocol:	Starting Position: Prone plank position on swiss ball while holding dumbbells. Action: Horizontal elevation of the extended arms. Sets and Reps: 3x15 Frequency: 3/week Progression/variation: Increase weight and speed.
Equipment:	Swiss ball Dumbbells
Cues:	Maintain core stability.



Abductor/Gluts on SB

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Description:	Strengthening exercise for the hip abductors and gluteal muscles.
Risk Factor trained:	Hip Abductor Strength
Protocol:	Starting Position: Standing position, bending forward and taking support on a SB. Keep pelvis and spine neutral. Action: Extend one leg out- and backward, stay just below the horizontal position. Keep your spine straight. Sets and reps: 3x8, progress to 5x20.
Equipment:	SB
Cues:	Maintain pelvic and trunk control: no rotating, bending or tilting to one side Keep the arms slightly flexed throughout the entire exercise Cease exercise when quality of movement decreases



Description:

Risk Factor trained:

Hip Adductor Strength

Protocol:

Starting Position:

Take in a side lying position on an exercise mat. Trunk in full contact with the mat, underlying arm provides head support and upper arm controls the position of the pelvis by holding on to the hip. Upper leg is flexed 90° in hip and knee, only great toe is in contact with the ground to warrant a neutral pelvis position. Lower leg extended and in contact with the mat (in the extent of the trunk).

Action:

Lift the underlying leg repeatedly, upward phase rather explosive, downward phase controlled. Try to move over a maximal range of motion, without allowing any compensatory movement in trunk or pelvis.

Sets and Reps:

2 sets of 12 repetitions for each leg; up to 2 sets of 16 repetitions for each leg

Progression/variation:

Amplify speed of performance (explosiveness of the upward movement);
Amplify resistance by working with cuffs attached to the ankle of the working leg;
Increase the number of reps per set.

Equipment:

Exercise Matt
(Weighted Ankle Cuffs)

Cues:

Quality of performance is essential. Assure a perfectly aligned and neutral side-lying position throughout the entire exercise. No rotation, flexion or extension in the trunk and pelvis are to be allowed. Upper leg assists in holding the pelvis in a neutral position. Focus on performing an isolated lower leg adduction; without inserting any rotation, flexion or extension in the working hip.



Side Lying Adductor Lifts_1



Side Lying Adductor Lifts_2

Single Leg Side Step

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Description:

Risk Factor trained:

Single Leg Balance

Protocol:

Starting position:

Single leg standing position. (on airex for progression)

Action:

Bring your free leg behind the standing leg and tap the floor with your tiptoes as far as possible sideways (towards the standing leg).

Bring your free leg as in front of the standing leg and tap the inside of the foot with your hand.

Maintain your balance.

Repeat.

Sets & Reps:

3 sets of 30 taps

Progression:

Use airex.

Equipment:

Airex (for progression)



Description:	A dynamic leaping exercise focussing on leg alignment and landing biomechanics
Risk Factor trained:	Landing Biomechanics
Protocol:	<p>Starting Position: Standing, feet at shoulderwidth</p> <p>Action: Combine series of leaps, landing on one foot. Rotate in different directions, move in different planes.</p> <p>Sets and Reps: 3x8, progress to 5x20</p> <p>Frequency: 4x/week</p> <p>Progression/variation: Increase number of hops Increase hop speed Increase hop distance</p>
Equipment:	/
Cues:	<p>Ensure knee over toe position</p> <p>Look forward</p> <p>Cease the exercise when technique (good alignment) flaws</p>



Description: A quadriceps and core stability exercise

Risk Factor trained: Quadriceps Functional Strength

Protocol:

Start position:

Supine plank position on SB, knees 90° bent and arms spread. A training partner is stabilizing the SB.

Action:

Extend one leg in line with the trunk. Slowly roll forward on the SB and push back with good quadriceps contraction.

Sets and reps:

3x8, progress to 5x20

Frequency:

3x/week

Progression:

No assistance

Equipment:

SB

Partner

Cues:

Maintain pelvic and trunk control.

Avoid knee valgus, keep knee above the foot

