

Elite Sports Medicine

Knee Injury Prevention Program: Phase I Exercises



Wall Jumps – Starting position
Have athlete tap the wall with their fingertips. Only allow a slight knee bend when the athlete lands



Wall Jumps – Focus on landing on toes and jumping back up as quickly as possible. 3 sets of 25 repetitions.



Depth Jumps – Starting position: knees slightly bent, chest over knees, knees over foot. Lightly hop off box to dismount.



Depth Jumps – Landing position: jump off of box, land “light as a feather” on toes and rock back to the heels. Vertical jump as quickly as possible after landing. 3 sets of 5 repetitions.



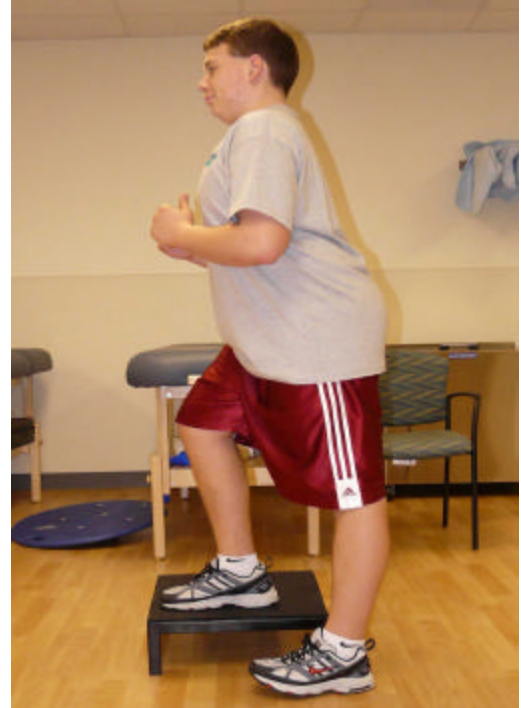
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Step-Ups – Starting Position: One leg on step, opposite heel touching the ground.



Step-Ups – Straighten the knee of the leg that is on the step. Maintain body weight over leg that is on the step, and touch the opposite heel to the floor. 3 sets of 15 repetitions.



Hamstring Curls on Physioball – Start with ball under both heels, then lift hips off the floor keeping legs and torso straight.



While keeping hips and torso straight, roll the ball towards you by bringing your heels to your glutes. 3 sets of 10 repetitions.

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Forward Lunge Onto Soft Surface –
This is a balance exercise. Be sure correct form is maintained by keeping the head up, and knee over foot. 3 sets of 10 repetitions



Lateral Cone Hops – Start on one side of the cones in athletic stance with knees slightly bent.



Making sure to keep feet together, jump over cone and back as quickly as possible. 3 sets of 10 repetitions