

Dynamic Warm Up - Knee Hugs



Sets: 2 Reps: 10 each Resistance: -- Hold: -- Rest: -- Times Per Day: --
-- Times Per Week: --

Description:
Starting Position: Stand with both arms by your side. Movement: Slowly lift one knee up towards your chest as high as you can, keeping your torso straight, and then place both hands over that knee. Pull the knee up to your chest with your hands, tighten the gluteal muscles of your opposite leg and raise your opposite heel off the ground at the same time. Slowly lower your knee and

Comments:
Can be performed walking or standing in place

Dynamic Warm Up - Quad Pull



Sets: 2 Reps: 10 each Resistance: -- Hold: -- Rest: -- Times Per Day: --
-- Times Per Week: --

Description:
Begin by bringing you foot up towards your buttock and grabbing your ankle with the hand of the same side. Keep your knee back and pull your foot up towards your buttock. Repeat with other leg and alternate as you move forward.

Comments:
Can be performed walking or standing in place

Standing Wand Trunk Rotation (BKA) (AKA)



Sets: 2 Reps: 10 Resistance: -- Hold: -- Rest: -- Times Per Day: --
Times Per Week: --

Description:
Begin in a standing position with your weight evenly distributed on both feet, holding a stick in both hands. Raise the stick to shoulder height, then slowly rotate your torso from side to side. Make sure to maintain good posture and keep your core and buttock muscles tight during the exercise. To make this exercise more challenging, you can stand on a foam pad, air disc or BOSU® Ball.

Comments:
Use bat to hold

Standing Active Hamstring Stretch on Floor



Sets: 2 Reps: 10 Resistance: -- Hold: -- Rest: -- Times Per Day: --
Times Per Week: --

Description:
Starting Position: Stand with your feet hip width apart. Place one leg in front of you. Activate your lower abdominals to maintain a neutral spine position. Movement: Hinging from your hips, reach forward with your hands, keeping your torso straight, towards your toes. Come out of the stretch repeat this sequence as prescribed by your therapist.

Comments:
Do not hold when performing prior to activity

Sagittal Plane Chain Reaction Mobility Pivot

Sets: 2 **Reps:** 10 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description:

Starting Position: Standing. Movement: Take step forward with right foot, while swinging arms up and overhead. Keep the left heel down as best as possible. Take right foot backwards and swing arms down and back towards right heel. Return, repeat, and reciprocate. Tip: Keep eyes fixed to help balance, otherwise let head follow hands.

Comments:

If back is not feeling great, take the arms out of it and just perform the leg stepping portion

Transverse Plane Chain Reaction Stability Pivot (Toe touch)

Sets: 2 **Reps:** 10 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description:

Starting Position: Standing. Movement: Reach your right foot rotationally to the right only touching the ground with your toes, while swinging arms around and to the right. Proceed in reaching the right foot rotationally and to the left with a toe touch, arms swinging to the left. Return, repeat, and reciprocate. Tip: Keep eyes fixed to help balance, otherwise let head follow hands.

Comments:

If back is uncomfortable, take arms out of it and focus on lower body movement only

Frontal Plane Chain Reaction Mobility Pivot

Sets: 2 **Reps:** 10 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description:

Starting Position: Standing. Movement: Take step to the right with right foot, while swinging arms up and overhead to the left. Keep the left foot down as best as possible. Proceed and take the right foot across and to the left while swinging the arms overhead and to the right. Return, repeat, and reciprocate. Tip: Keep eyes fixed to help balance, otherwise let head follow hands.

Comments:

If back is not feeling good, take the arms out of it and just focus on the lower body

Dynamic Warm Up - High Knees

Sets: 2 **Reps:** 20 feet **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description:

Starting Position: Stand with both arms by your side. Movement: Lift one knee up towards your chest as high as you can and alternate legs as you move forward. Make sure you are not arching your back or rounding your back during this movement. Keep your lower abdominal muscles engaged.

Comments:

Add speed as comfortable

Dynamic Warm Up - Butt Kicks

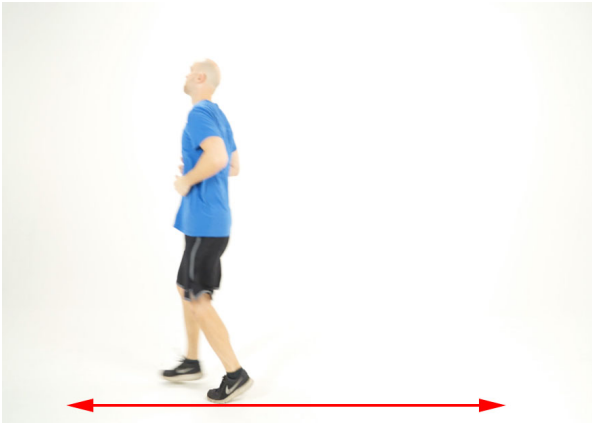


Sets: 2 Reps: 20 feet Resistance: -- Hold: -- Rest: -- Times Per Day: --
Times Per Week: --

Description:
Start by taking a step forward and bending the opposite leg so you are trying to touch your glute with your heel. Alternate legs as you walk. Make sure to keep your knee back when you bend it and not flex your hip.

Comments:
Add speed as comfortable

Forward/Backward Running-Jogging

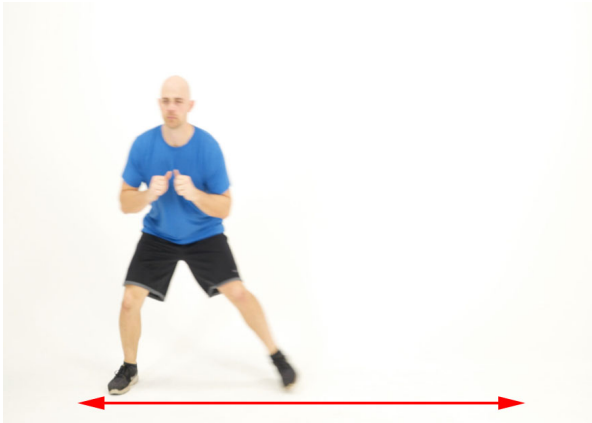


Sets: 2 Reps: 20 feet Resistance: -- Hold: -- Rest: -- Times Per Day: --
Times Per Week: --

Description:
Starting position is standing. Begin exercise by slowly jogging forward making sure to stay on your toes and move your arms. When at the end of the distance for going forward stay facing the same direction and begin jogging backwards. Continue to make sure you are staying on your toes and are moving your arms. Perform for specified amount of time or repetitions.

Comments:
As comfortable

Lateral Shuffle/Running



Sets: 2 Reps: 20 feet Resistance: -- Hold: -- Rest: -- Times Per Day: --
Times Per Week: --

Description:
Starting position is standing with feet hip width apart, knees and hips slightly bent. Bring hands up in front of your chest. Begin exercise by moving your right foot to the right and following with your left in a quick manner. Repeat these steps until you have covered the desired distance and the repeat going the opposite direction. Keep your chest up and abdominals tight as you move. Repeat specified number of repetitions.

Comments:
As comfortable