

**2 x 4 Tandem walking**

Walk heel to toe while on a 2 x 4. Do not touch the floor.

Same concept can be done just walking a straight line, or use the curb outside if you want to feel more off balance.

Repeat 10 Times
Complete 3 Sets
Perform 1 Times a Day

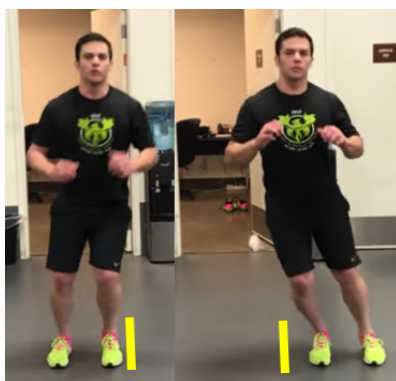
**Double foot jump- forward/backward**

Double foot jump- forward/backward

Taking off from two feet, jump forward, landing on two feet. Use a tape line or other line on the floor for visual if needed. Jump back to the starting position. This is one rep.

Stop after each jump and pause before jumping the other direction --PROGRESS TO-- Rebound so that you jump quickly from side to side

Repeat 15 Times
Complete 3 Sets
Perform 1 Times a Day

**Lateral Toe Pops**

Begin standing on one side of a line feet hip width apart in an athletic position. Perform a quick sideways jump to the other side of the line landing in an athletic position and then jump back to the start position. The goal is to complete this as lightly and quickly as possible with no pain.

Perform each set for 20s. Progress to 30s.

Complete 3 Sets



Skater Hops

This is a two part exercise. First perform a 45 degree lateral jump. Brace in the landing on one foot until you hold your balance, then jump back to the other side. Brace landing and then repeat.

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Times a Day



Ladder Drill - Up Two, Back One

Progress up two boxes and back one. Land lightly and quietly on the balls of the feet.

If no ladder, use tape to mark lines or just go through the movements.

Repeat 3 Times
Perform 1 Times a Day



QUICK STEP UPS

Perform steps ups quickly. Land on the balls of your feet on the step as you perform.

Video # VVQ5JB6VT

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 Times a Day



QUICK FEET

START STANDING NEXT TO A EXERCISE STEP (OR A 3 INCH BOX/PLATFORM), AND STEP UP WITH THE FOOT CLOSEST TO THE STEP FIRST, AND THEN WITH THE OTHER FOOT (SO THAT BOTH FEET ARE ON THE STEP),AND THEN STEP DOWN FROM THE STEP TO THE OTHER SIDE. THEN IMMEDIATELY STEP BACK UP AND OVER THE STEP. REPEAT 20 TIMES (OVER AND BACK IS ONE), GRADUALLY INCREASING YOUR PACE.

Repeat 20 Times
Complete 2 Sets
Perform 1 Times a Day

DO ONE SET EACH WITH THE STEP TURNED SHORT AND THEN LONG WAYS.



Band Sidesteps

Standing in a quarter squat position with feet shoulder width apart and miniband around ankles Moving to the left push with the right leg while stepping laterally with the left Bring the right foot back to the starting position and continue for the prescribed number of repetitions Repeat while moving to the left Keep chest up and back flat. Keep knees pushed apart and toes pointed straight forward. Keep tension on the miniband at all times. Do not let feet come together

Repeat 10 Times
Complete 2 Sets
Perform 2 Times a Day



Fire Hydrant

Put the band around your ankles, and then find a single leg balance. Once you are balanced, move your knee diagonally back and to the side. Pause briefly, then slowly return back to the starting position. Make sure your hip doesn't drop, and that your standing knee does not collapse inward.

Repeat 6 Times
Complete 3 Sets
Perform 1 Times



LATERAL LUNGE - ALTERNATE

Stand with a small space between feet. Next, step to the side and bend that knee in to a lunge position. As the knee bends Lower you bottom down towards the floor. Keep knees in line with toes. You can raise your arms forward with each knee bend for a counter balance.

Return to original position and repeat on the other side.

Video # VVCTGWETV

Repeat 6 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Times a Day



LUNGE FORWARD - BOX

While standing on the ground with a step in front of you, place your foot forward and onto a step as shown.

Allow your front and back knees to bend as you lower your back knee towards the ground into a lunge position. Do not allow your front knee to pass your toes.

Return to the original position and then perform with the other leg.

Video # VVHJUVDRB

Repeat 8 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



LUNGE FORWARD - BOX - UNSTABLE

While standing on the ground with a step in front of you, place your foot forward and onto an unstable step as shown. You can place a foam pad on top of a step as shown.

Allow your front and back knees to bend as you lower your back knee towards the ground into a lunge position. Do not allow your front knee to pass your toes.

Return to the original position and then perform with the other leg.

Progress by holding weights.

Video # VVBTTW6C9

Repeat 8 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



SCISSOR JUMPS

Start in a lunge position and then jump up and switch legs so the the opposite foot lands forward as you lower into a lunge position. Do not allow your front knee to pass your toes.

Continue to jump and alternate legs.

Video # VVV3R3UC6

Repeat 8 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



SINGLE LEG JUMP

Jump up using only one leg. Land on the ground with the same leg. Repeat.

Video # VVUWHBNTW

Hold 20 Seconds
Complete 2 Sets
Perform 1 Times a Day

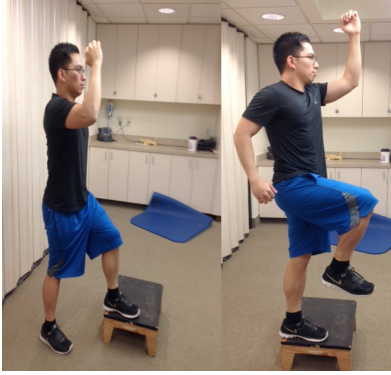


SINGLE LEG LATERAL JUMP

Jump in a lateral direction using only one leg. Land on the ground with the same leg. Repeat.

Video # VVH6PVGEJ

Hold 20 Seconds
Complete 1 Set
Perform 1 Times a Day



STEP UPS - KNEE DRIVE

Stand with one leg on top of a step and opposite arm bent in front of you. Shift body weight onto the leg on the step and drive the bottom knee up. Switch arms as you drive the knee. Pause on top of the step for a few seconds. Return slowly to the starting position

Repeat 10 Times

Complete 2 Sets

Perform 1 Times a Day