

## Sanford Knee Injury Prevention Program

### Dynamic Warm-up

- A. Single-leg RDL Stretch
- B. Quad Stretch
- C. Knee Hugs
- D. Leg Cradle
- E. High Knees
- F. Butt Kicks
- G. Carioca
- H. Normal Skip
- I. Skip for Height
- J. Backpedal
- K. 75% Run

### Activation

- A. Clamshell (30 sec. hold; each side)
- B. Quadruped fire hydrant (30 sec. hold; each side)
- C. Plank + side plank (30 sec. plank; 15 sec. side plank; each side)
- D. Standing fire hydrant (30 sec. hold; each side)

### Strengthening

- A. Bodyweight squats with band (10 x)
- B. Lateral band walks (20 steps; each side)
- C. Walking lunges – forward (10 steps; each direction)
- D. Walking lunges – backward (10 steps; each direction)
- E. Walking lunges – lateral (10 steps; each direction)

### Plyometrics (15 – 30 sec. REST between each exercise)

- A. Lateral squat jumps over line (6 x)
- B. Forward/backward squat jumps over line (6 x)
- C. Squat jumps + 90 degree turn (3 x; each direction)
- D. Lunge jumps (4 x; each side DO NOT ALTERNATE)
- E. 2 to 1 hop (4 x; each side)
- F. Single-leg side-to-side hop (4 x; each side)

### Agilities (15 – 30 sec. REST between each exercise)

- A. Forward run with three step deceleration (2 x; 5 yd. or 15 ft.; each side)
- B. Three-step shuffle (2 x)
- C. Zig-zag cutting (3 x; 5 yd. or 15ft.; each side)