

IMG Physical Therapy

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ADVANCED SPORTS SPECIFIC HOME EXERCISE PROGRAM

These programs are designed to progressively apply forces to the healing structures and are intended to gradually return the athlete (you) to full athletic competition as QUICKLY and SAFELY as possible while minimizing the chance of re-injury.

****Warm-up and Stretching are crucial before doing sport specific activities.**

****There is no set timetable for completion for the program.****

Highly competitive athletes who want to return to competition quickly tend to increase the Program, thus dramatically increasing the chance of re-injury and may slow return to sporting activities.

During the Home Program, you may experience soreness and a dull, diffuse, aching sensation in the muscles and tendons (this is normal).

****If sharp pain is experienced, particularly in the joint or point of injury, you should stop all sport activities until the pain ceases. ****

-If pain persists, you should contact your therapist or doctor immediately.

-These exercises should be supplemented with the other exercises that your therapist issued to you; it is not a replacement for exercises.

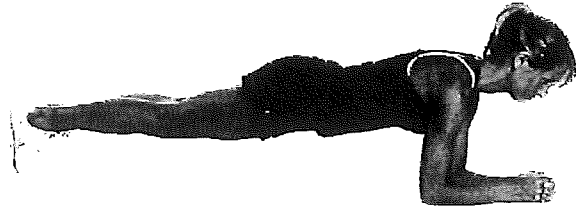
-These exercises should be done 3 days per week, along with your exercise program.

-Warm-up will vary from person to person. You should jog or bike until developing a light sweat, then progress to stretching exercises.

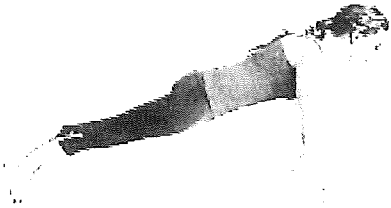
-On your days off from the Advanced Sports Specific HEP, you should do Cardiovascular training, light stretching, ROM, lower extremity, and core-stability exercises.

-Ice for 15 Minutes after the program and exercises to minimize swelling and pain.

Plank



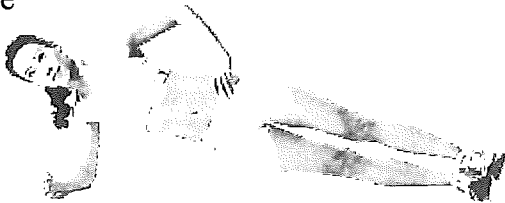
On a flat surface, lift yourself up resting on your forearms and your toes. Keep back and legs straight. Hold for **30-60sec, 3 times**. When able to complete 60sec of above picture, progress to below picture



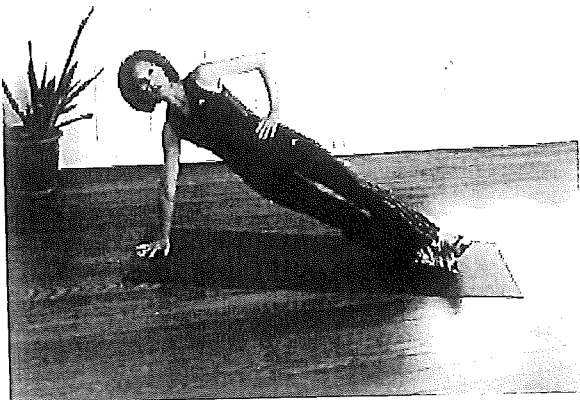
DAVID MARTINEZ

Side Plank

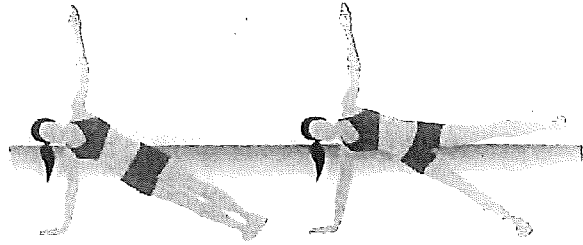
Keeping your arm in line with your shoulder, support yourself as shown below. Hold for **30-60 seconds, 3 times** on each side



When able to complete 60 sec of above picture, progress to below picture

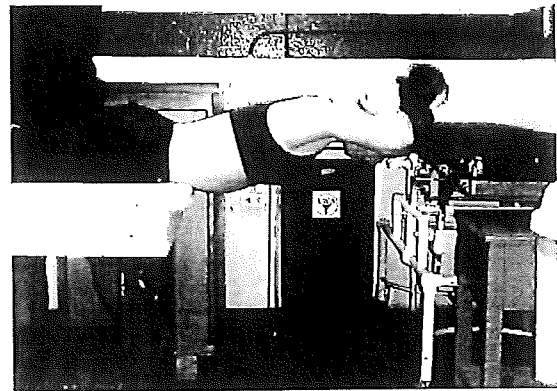


Star



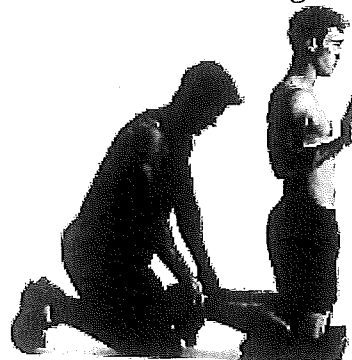
On flat surface, support yourself in a side plank. From there, lift top leg off of bottom leg, then return to start. Continue to do this for **30-60 sec, 3 times** on each side

Prone Lumbar Extension



Lying on your stomach at the edge of a bed or ball, *have someone support your legs*. Bend at the waist moving towards the ground, then lift up to start position. Perform **2 sets of 15 repetitions**

Russian Hamstrings



Have someone support your feet, kneel on a table. Very slowly lower your body towards the table then return back to start. Perform **2 sets of 15 repetitions**

Single leg Kneeling on Edge of Table



On the edge of a stable table, kneel on 1 leg. Do your best to balance and not fall over. Hold for **30-60 sec, 3 times on each leg**

SLB w/ Opp. Hip Ext w/ ER



Starting in position shown above, lift leg up into the air while holding onto the corner of a wall. Keep your toe pointing down, then twist up towards the ceiling with your hip so your toe points out. Perform **2 sets of 15 repetitions**

Mini-squat with Ball Overhead



Standing with feet shoulder width apart, arms extended out in front of you with a weighted ball in your hand, squat and simultaneously lift the ball over your head keeping arms straight. Return to start position. Perform **2 sets of 15 repetitions**

Monster Walk



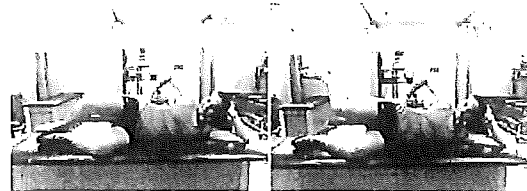
With theraband around your ankles, walk forward by moving your leg up and out. Then walk backwards to the start. Perform **2 sets of 15 repetitions**

Tubing Ambulation with Mini-squats



With theraband around your feet, get into a squat position. Maintain the squat position and move to one side for 10 steps, and return to beginning. Repeat for **2 sets of 15 repetitions**

Clamshell 2.0

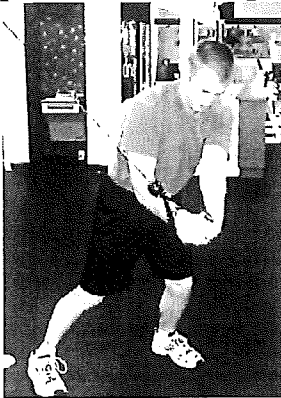


Lying on your side, with your knees bent and 1 foot on top of the other, open up the space between your knees. Then slowly lift the top foot off of your bottom foot, keeping your knee where it is. Repeat for **2 sets of 15 repetitions**

Diagonal Chops



Start with theraband down by your knees, then lift up as shown above. Keep your arms straight. Repeat **2 sets of 15 repetitions**



Start with theraband up near your shoulder, and then pull down to your opposite waist. Repeat **2 sets of 15 repetitions**

UE Oscillations



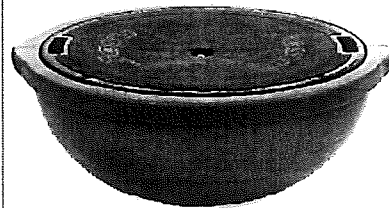
Standing on one leg, with tubing wrapped around a pole or in a door, hold your theraband and quickly pull it. Do this for **30-60 sec, 3 times facing all 4 walls**

Mini-squats on Bosu Ball



Standing on a Bosu ball, perform a mini-squat. Hold mini-squat position for **5 seconds**, repeat **2 sets of 15 repetitions**

Single Leg Perturbations on Bosu Ball



With the Bosu ball in this position, stand on 1 leg in the center, have someone tap all around the outside. Do this for **30 secs, 3 times** on each leg

Bosu Ball Toss



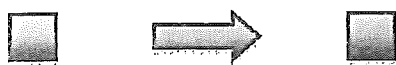
Standing on the Bosu ball on 1 leg, have a partner throw a ball to you, varying your tosses. You can also stand on both legs and kick a soccer ball back and forth with your partner. Complete this for **30-60 secs, 3 times**

FWD/Bkwd Shuttles with Ball Toss/Kick



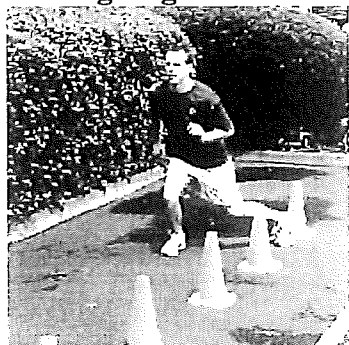
Start at top (dark) square, run foreword (approximately 5ft) to bottom square. While running have someone throw/kick a ball. Throw/kick it back, and then back pedal to starting point. While back pedaling, have your partner throw/kick the ball. Vary the tosses. Perform for **30-60 sec, 3 times**

S-Side Shuttles



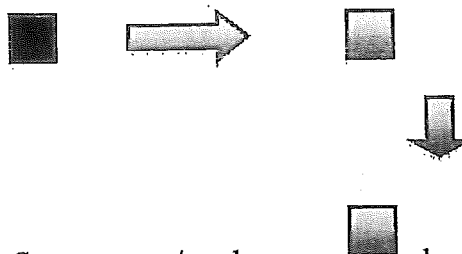
Starting at one of the squares, shuffle from one cone to the next. While doing so, have someone kick/throw a ball to you. Perform **30-60 sec, 3 times**

Zig-Zag Shuttle



Set up a series of 5 cones a little over foot length apart. Then, weave in and out of the cones. To make it harder have a partner throw/kick a ball to you while cutting. Do this for **30-60 sec, 3 times**

L-Cut



Set up cones/markers how squares are shown. Then, starting at the dark (left) square side shuffle to the first blue square, run forward to the last square. On foreword run, have ball thrown/kicked to you. Back pedal to beginning and repeat. Perform for **30-60 sec, 3 times**

Quick Feet (FWD)



Start by placing your injured leg on the step. Then quickly alternate feet, landing on the balls of your feet, and looking forward. Repeat **30-60sec, 2 times**

Quick Feet (lateral)



Using the same type of step as shown for quick feet fwd, straddle step. Then quickly alternate feet, not looking down. You can add a ball toss to make this more difficult. Do this for **30-60secs, 2 times**

Agility Ladder



Using either an agility ladder or cones, run forward through it, not stepping on cones or agility ladder. Return to start and repeat. Go through this up to **5 times**.

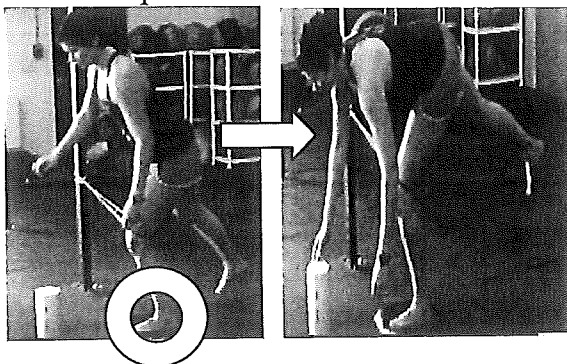
Reflex Ball



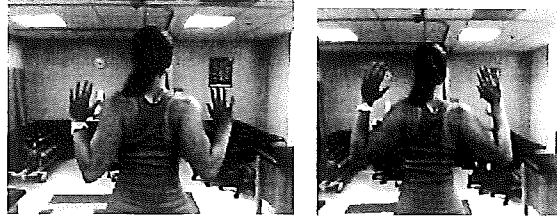
These can be purchased on-line or at a sporting goods store if you would like. On a flat surface, have someone throw it to you. Side step in order to get in front of and catch the ball. Do this up to **30 times**

Single Leg Balance with Tubing Side Pull and Forward Reaching

Standing with knee bent 30° and band placed above knee. Band should be attached to wall and pulling at a 90° angle. While maintaining leg posture, slowly bend at waist maintaining a neutral spine and touch an object in front on floor. If easy, can stand on unstable surface (pictured below). Do 1 set of 15 and then turn 180° to face opposite wall and repeat.

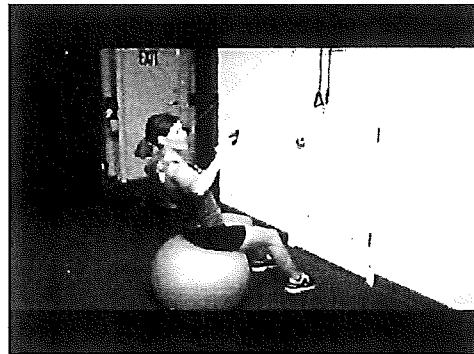


Reverse T's



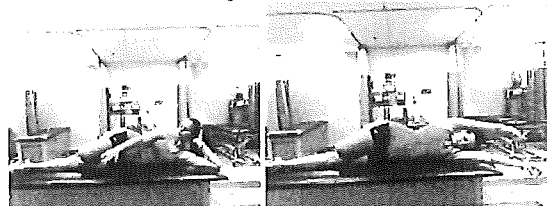
Begin as shown in first picture, making sure your shoulder blades are pinched together. Maintaining your shoulder blades together, slowly lift your shoulders towards the ceiling. Complete **2 sets of 15 repetitions**

Lat Pull Downs



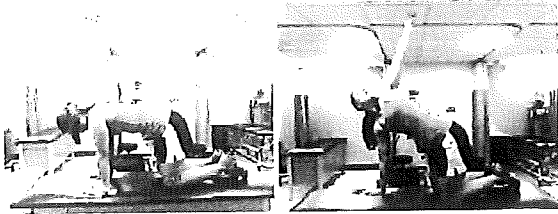
Using a theraband clamped into the top of a door, while sitting on a chair or physio ball, start with arms extended in front of you and then pull them down and back as shown above. Complete **2 sets of 15 repetitions**

Mickey Mouse Clocks



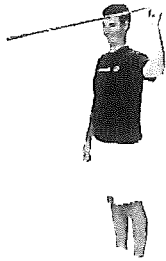
Lying on your side with your top knee bent, reach out with your arm and start with your palm up. Circle your arm around clockwise; when you reach your head turn your palm down. Go **clockwise 15 times** and then **counter-clockwise 15 times**

Over there's



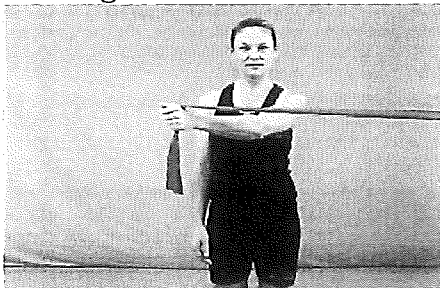
Starting in quadrupedal position as shown above, reach arm up and over your head. Hold for 30 sec, repeat 3 times

Tubing 90-90 IR/ER



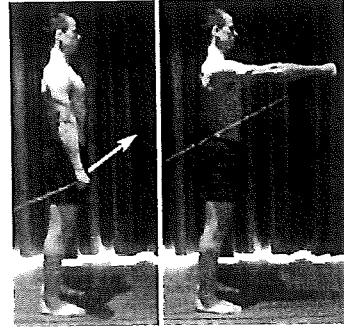
Standing with your tubing closed in a door, bring your arm up in the position shown above. Keeping your elbow bent, rotate your shoulder so your palm is facing the ceiling. Then rotate 180° and start in position shown above. Rotate your shoulder so your palm is facing the ground. Repeat 2 sets of 15 repetitions both ways

Tubing Horizontal Adduction



Have tubing secured at shoulder height, keeping your elbow straight, pull your arm across your body. Repeat for 2 sets of 15 repetitions

Tubing Forward Flexion



Starting with arm at your side, facing away from tubing, keep elbow straight and pull forward to shoulder height. Slowly lower, repeat 2 sets of 15 repetitions