

ANDREWS INSTITUTE

Lower Extremity Conditioning Program

- The intended purpose of this program is to maximize the safety of your athletes while enhancing performance, maximizing efficiency, and improving the team atmosphere.
- This program is designed to strengthen core and lower extremity muscle groups that, when weakened, have been found to contribute to lower extremity injuries.
- These exercises, when combined with an evidence based weight training program, can improve the skill and performance of the individual which ultimately leads to greater team success.

Disclosure: This program is not a substitute for current training programs and only aims to supplement current warm up and training programs being utilized. This program is flexible and can be amended based on factors in the individual sport, but should not be done so without the express written or verbal consent of the authors or trained medical professionals with whom the authors have conferred.



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ANDREWS INSTITUTE
ORTHOPAEDICS & SPORTS MEDICINE

An Affiliate of Baptist Health Care

MINI BAND

Place the band around the knees. In a defensive position take a 4-6 inch step forward and go for 10 yards keeping your feet and knees 2 feet apart. Return repeating all the steps except walk backwards keeping your knees apart and feet at least 2 feet apart. Face sideways and repeat the same steps and step sideways. After 10 yards face the same direction and return.

SETS & REPS

10 yards for each direction

COMMON FAULTY MOVEMENTS

**Do not allow knees to fall inside the feet.*



SQUATS WITH BAND

Place band around knees and perform a squat not beyond parallel to the ground in a slow and controlled manner. Do not let the knees deviate inward while performing this exercise.

SETS & REPS

4 x 8

COMMON FAULTY MOVEMENTS

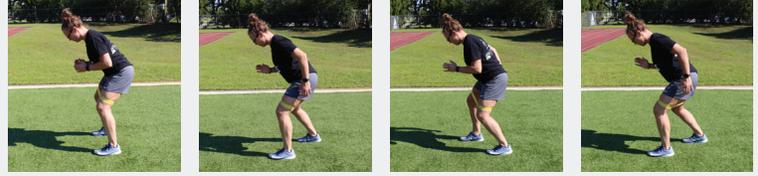
**Do not allow knees to fall inside the feet.*



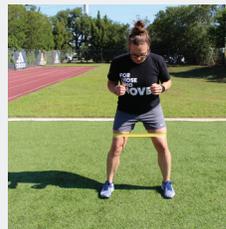
FORWARD



BACKWARDS



SIDEWAYS



**Proper knee mechanics in squatting is necessary. Proper knee squatting mechanics is defined as the knees not moving inward beyond the middle of the foot while squatting in a position as if the athlete was going to play defense.*

JUMPS

Start in a defensive position and jump and explode up as high as you can landing in good form with the knees not moving inward. Next perform the same jump, but jump forward as far as you can, controlling your landing. Lastly, start in a defensive position and jump 1-2 feet to the side as you can landing on one leg and with good landing form then jump back to the start point landing on one leg.

SETS & REPS

For height x5, Distance DL x5, Lateral SL x5

COMMON FAULTY MOVEMENTS

**When taking off and landing, do not allow the knee to move inside of the foot or for the upper body to rotate outside of the foot.*



FOR HEIGHT



DISTANCE DL



LATERAL SL



**Proper knee mechanics in landing is necessary. Proper knee landing mechanics is defined as the knees not moving inward beyond the middle of the foot while landing in a position as if the athlete was going to play defense.*

LUNGE JUMPS (ALTERNATING)

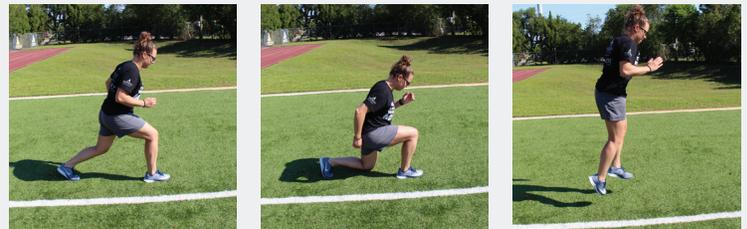
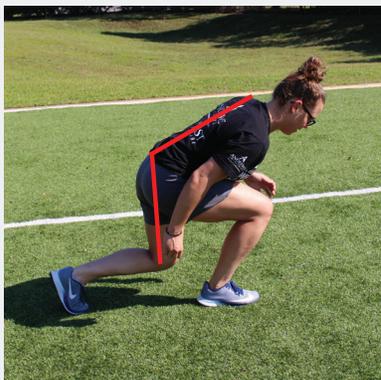
Starting in a half lunge position, jump up in the air high enough to reverse the positioning of your feet - landing in a good position with the knee not moving inward.

SETS & REPS

2 x 8

COMMON FAULTY MOVEMENTS

**When landing, keep torso directly over hips and back knee.*



**Proper knee mechanics in landing is necessary. Proper knee landing mechanics is defined as the knees not moving inward beyond the middle of the foot while landing in a position as if the athlete was going to play defense.*

SINGLE LEG ROMANIAN DEAD LIFT

Begin standing on 1 leg with it very slightly bent, straighten opposite leg and keep your spine straight. Making a straight line from your heel to your head, hinge forward on the ground leg so you become parallel to the ground and return to the start position.



SETS & REPS

3 x 10

COMMON FAULTY MOVEMENTS

**Do not allow knee to fall inside of the foot.*

**Do not allow hips to open during the movement.*



NORDIC CURLS

Kneeling, have your partner hold both feet to the ground. Keeping your back and hips straight slowly lower your body to the ground in front of you. Upon being unable to hold it any longer, use your hands to brace your landing and return to the start position.



SETS & REPS

3 x 5

COMMON FAULTY MOVEMENTS

**Do not allow torso to lean forward. Maintain a straight line from knees to head throughout the movement.*

