

Pre
 Pain: 3/10
 40m: 23.84 seconds
 m/s: 1.68 m/s
 stand test: 13 reps

Post
 Pain: 0/10
 40m: 21.56 seconds
 m/s: 1.86 m/s
 stand test: 16 reps

NEUROMUSCULAR TRAINING HOME EXERCISE PROGRAM

PART 1: Warm-up: 10 mins of activity of choice at a perceived level of exertion of "somewhat hard"

PART 2: NEUROMUSCULAR EXERCISES

LOWER EXTREMITY MUSCLE STRENGTH EXERCISES:

Hip Abductors: Sets: 2 Reps: 15

In standing, with or without a band looped around right ankle and stable pole. Using hand support (if needed) move right leg outwards. Repeat exercise with left leg.



Progression:

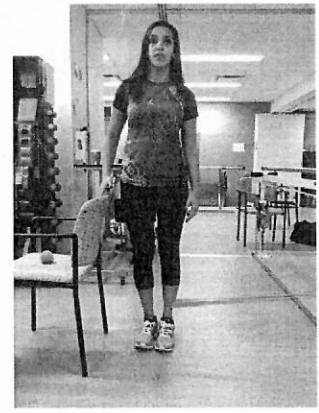
<input type="checkbox"/> no band	<input type="checkbox"/> yellow	<input type="checkbox"/> red	<input checked="" type="checkbox"/> green	<input type="checkbox"/> blue	<input type="checkbox"/> grey
----------------------------------	---------------------------------	------------------------------	-------------------------------------------	-------------------------------	-------------------------------

Hip Adductors: Sets: 2 Reps: 15

In standing, with or without a band looped around left ankle and stable pole. Using hand support (if needed) move left leg outwards. Repeat exercise with right leg.



OR

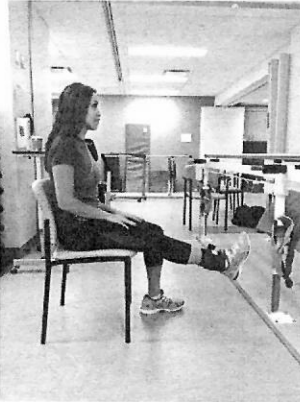


Progression:

<input type="checkbox"/> no band	<input type="checkbox"/> yellow	<input type="checkbox"/> red	<input checked="" type="checkbox"/> green	<input type="checkbox"/> blue	<input type="checkbox"/> grey
----------------------------------	---------------------------------	------------------------------	-------------------------------------------	-------------------------------	-------------------------------

Knee Extensions: Sets: 2 Reps: 15

- While sitting, with or without weight around ankle, lift one foot up while back of knee presses into seat. Repeat exercise with other leg.

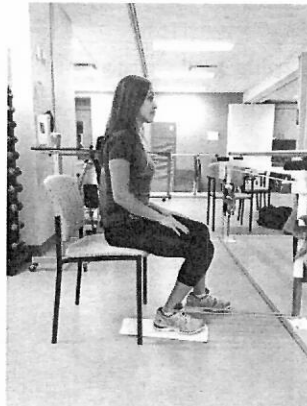


Progression:

<input type="checkbox"/> 0 lbs.	<input type="checkbox"/> 1 lb.	<input type="checkbox"/> 2 lbs.	<input type="checkbox"/> 3 lbs.	<input checked="" type="checkbox"/> 4 lbs.	<input type="checkbox"/> 5 lbs.	<input type="checkbox"/> ____ lbs.
---------------------------------	--------------------------------	---------------------------------	---------------------------------	--------------------------------------------	---------------------------------	------------------------------------

Knee Flexors: Sets: 2 Reps: 15

- Sitting with a band looped around one ankle and stable pole. Pull band backwards by bending knee. Keep foot on the floor. Repeat with other leg. OR In standing, with or without weight around ankle, bend knee as far as possible.



OR



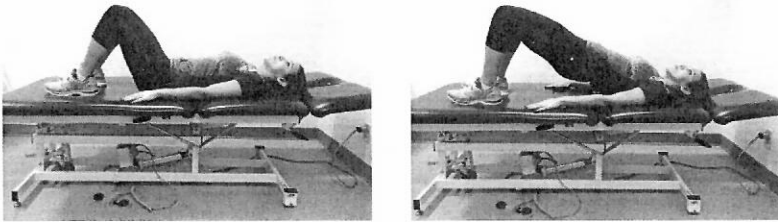
Progression:

Sitting	<input type="checkbox"/> no band	<input type="checkbox"/> yellow	<input type="checkbox"/> red	<input checked="" type="checkbox"/> green	<input type="checkbox"/> blue	<input type="checkbox"/> grey	
Standing	<input type="checkbox"/> 0 lbs.	<input type="checkbox"/> 1 lb.	<input type="checkbox"/> 2 lbs.	<input type="checkbox"/> 3 lbs.	<input type="checkbox"/> 4 lbs.	<input type="checkbox"/> 5 lbs.	<input type="checkbox"/> ____ lbs.

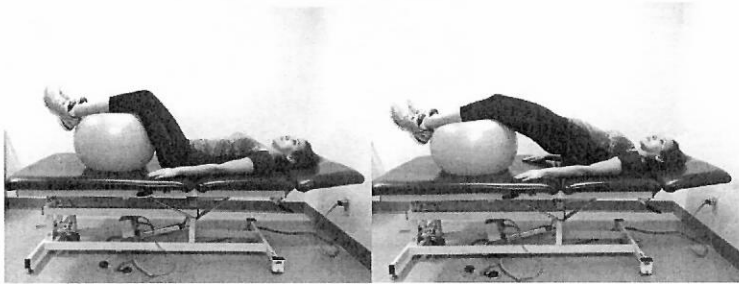
CORE STABILITY/POSTURAL FUNCTION EXERCISES:

Pelvic Lift: Sets: 2 Reps: 15

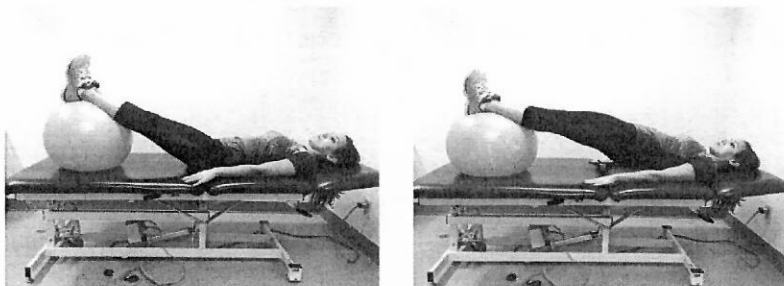
- Level 1: Lay on ground with knees bent and feet on ground. Lift hips into the air, pause, lower hips down to ground. (Exercise can also be performed on a bed)



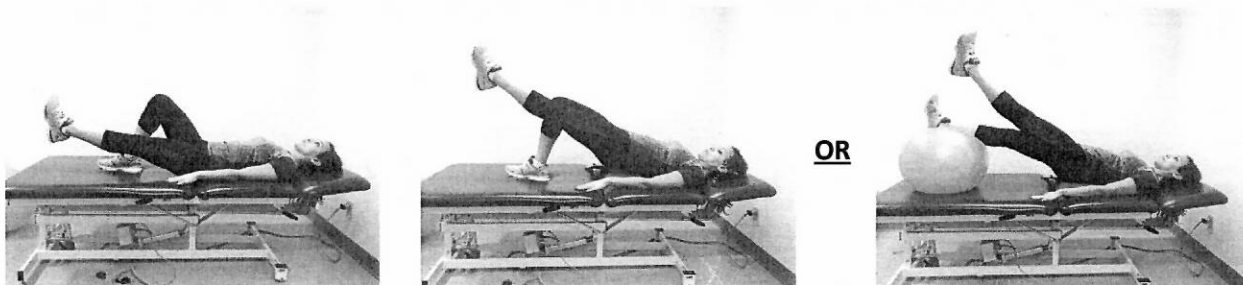
- Level 2: Lay on ground with ball placed under legs, behind bent knees.



- Level 3: Lay on ground with ball placed under feet, legs straight.



- Level 4: One leg pelvic lift. Raise one leg off ground OR off ball. Repeat with other leg.



Plank: Sets: 2 Reps: 3 Secs: 30

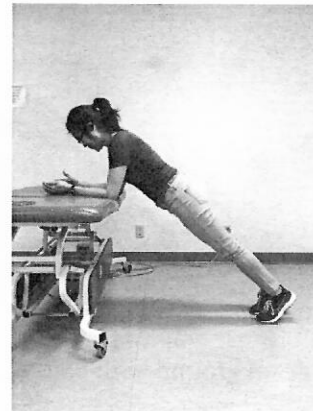
Level 1: Forearms on wall with feet slightly away from wall. Lift heels off floor and hold.



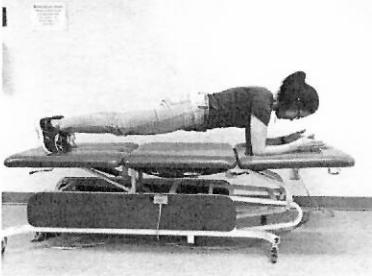
Level 2: Level 1 with feet further away from wall OR forearms on counter with feet on the floor.



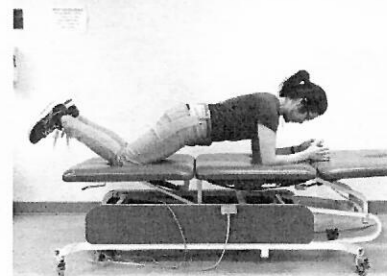
OR



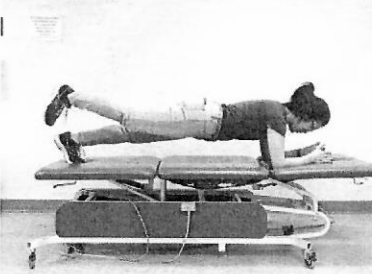
Level 3: Forearms on ground raising body up on forearms and toes OR forearms and knees



OR



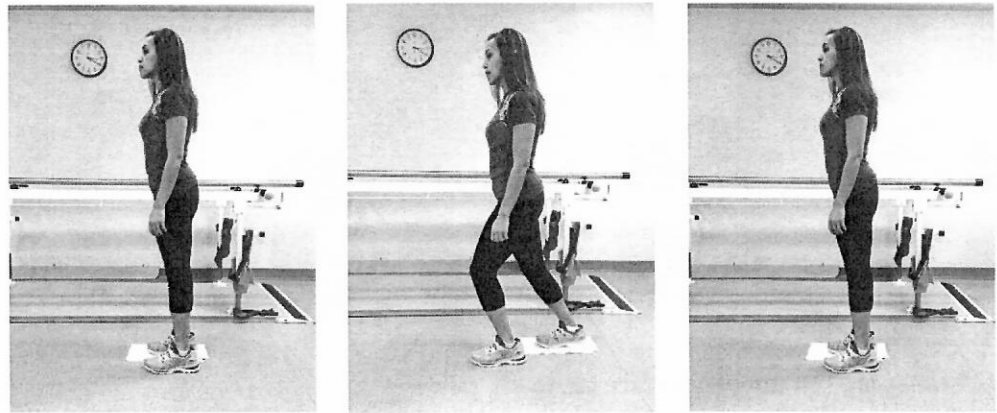
Level 4: Forearms on ground raising body up on forearms and ONE foot. Repeat with other leg.



POSTURAL ORIENTATION EXERCISES:

Slide Exercise Backward/Lunge: Sets: 2 Reps: 15

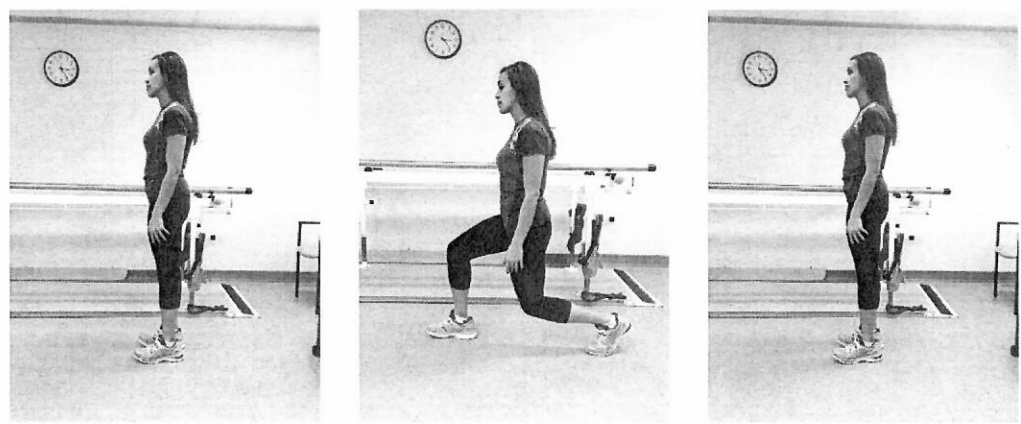
- Level 1: Stand on one leg "stance leg" and place other leg on sliding surface such as a towel "sliding leg". Slide backward with "sliding leg" while bending the knee of the "stance leg". Return "sliding leg" to starting position while straightening "stance leg". Repeat exercise with other leg.



- Level 2: Level 1 with "stance leg" on uneven surface i.e. foam, pillow



- Level 3: Forward Lunge: Take a large step forward and then return. Use hand support if needed.



Slide Exercise Sideways/Side Lunge: Sets: 2 Reps: 15

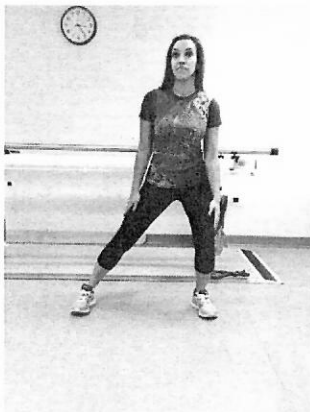
- Level 1: Stand on one leg "stance leg" and place other leg on sliding surface such as a towel "sliding leg". Slide outward with "sliding leg", while bending and straightening the knee of the "stance leg". Repeat exercise with other leg.



- Level 2: Level 1 with "stance leg" on uneven surface i.e. foam, pillow



- Level 3: Side Lunge: Take a large step to the side and then return. Use hand support if needed.



FUNCTIONAL EXERCISES:

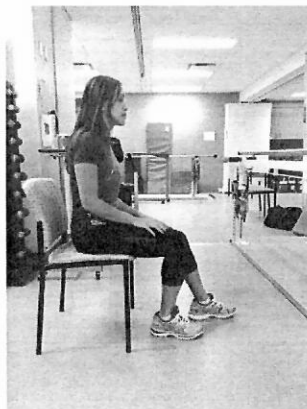
Chair Stands: Sets: 2 Reps: 15

Level 1: Start in sitting, feet parallel, equal weight on feet. Stand using slight hand support.



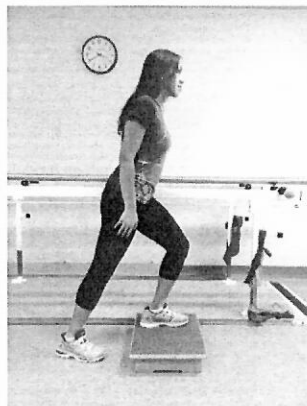
Level 2: Above exercise with NO hand support for balance

Level 3: Start in sitting, one foot ahead. Use hand support if needed for balance.



Stair Climbing: Sets: 2 Reps: 15

Facing a 4" step. Stand with left foot on step. Step up and down with right foot. Repeat with other leg.



Progression:

- 6"
- 8"
- 10"
- With foam on step With hand weights

PART 3: Cool Down: Walk forward and backwards, about 10 meters in each direction, in front of a mirror.

PART 4: Stretches: Perform each stretch 2-3 times x 30 seconds for each leg

Assisted Knee Extension: Sit on edge of chair with one foot ahead, with knee straight, heel on the floor and toes pointing to the ceiling. Bend upper body forward, while keeping back straight and chest up.



Assisted Knee and Hip Bend: Sit in a chair with a straight back. Clasp hands behind thigh of one leg and gently pull thigh towards chest until you feel a stretch.



Calf Stretch: Standing, take a step forward with the right leg. Keeping both heels flat on the ground, bend into the right knee until you feel a stretch in the calf of the left leg.

