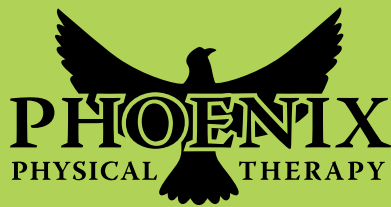


PHYSICAL THERAPY
CORNER

PROVIDED BY:



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30 MINUTE

PRESEASON EXERCISE PROGRAM

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1. WARM-UPS

- Running in place knees shoulder width apart – 1 minute
- Running in place wide knees – 1 minute
- Running touching heels to buttocks – 1 minute
- Jumping jacks – 1 minute

2. SQUATS WITH FEET SHOULDER WIDTH APART – 25 REPS

3. SINGLE LEG SQUATS – 25 REPS

4. WALL SITS FEET SHOULDER WITH APART

- Place a soccer ball between your knees and hold it there
- Start with a $\frac{1}{4}$ squat and switch to a $\frac{1}{2}$ squat
- Change position every 15 seconds for a total of 90 seconds

5. 3 DIRECTION LUNGES WITH KICKS (5 times for each leg)

- Step to the side, lunge and push off and than kick up
- Step 45 degrees, lunge and push off and than kick up
- Step forward, lunge and push off and than kick up

6. LUNGE WALKS WHILE UP ON TOES FOR TWO MINUTES

7. GROUCHO WALK

- Spread legs wide apart and get into a deep squat
- Step forward 4 times and back 4 times for a total of 45 seconds

8. SINGLE LEG WALL SITS

- Knees and feet together knee's bent to 90 or 120 degrees
- Straighten one knee keeping it up for 10 seconds
- Repeat with the other leg
- Do this for 1 minute

9. QUADRICEPS STRETCH (Repeat with left leg)

- Hold on to chair with left arm pull right heel to buttock with right arm. Stand up straight with knees touching (Hold 30 seconds Repeat 3 times)

10. STANDING HAMSTRING STRETCH (Repeat 3 times in each position)

- Place feet wide apart and slowly bend forward with hands reaching for floor (Hold 30 seconds)
- Reach for the left ankle and grasp leg (Hold 30 seconds)
- Reach for the right ankle and grasp leg (Hold 30 seconds)

11. RUNNERS STRETCH (Repeat with left leg)

- Lunge forward with the right leg keeping left leg straight
- Bend forward at waist as far as you can (Hold 30 seconds 3 times)

12. CALF STRETCH (Repeat with left leg)

- Stand with right leg forward with the knee slightly bent & keep left leg straight.
- Lean forward onto right leg until stretch is felt in left leg (Hold 30 seconds repeat 3 times)
- Now repeat this with your knee bent (Hold 30 seconds repeat 3 times)