

Mockingbird Valley Premier



Winter Workout

Developed by



Due to the lower body impact and injury risk as a high-level soccer athlete, we recommend strengthening your lateral hip and performing single leg stabilization.

Perform the following stretching, strengthening, and agility exercises 2-3times a week to improve strength and decrease injury risk.

**Videos for each exercise can be viewed online at:
www.HEP.video**

For any questions or concerns of an injury, please contact your coach or Advanced Orthopaedic Physical Therapy (502-412-4486) for a complimentary injury screen.

STRETCHING

Videos for each exercise can be viewed online at:

www.HEP.video

Enter the Video # for the corresponding exercise.



HAMSTRING STRETCH - TABLE, BED OR COUCH

Sit on a raised flat surface where you can prop your affected leg up on it such as a treatment table, couch or bed.

While keeping your knee straight to slightly bent, slowly lean forward and reach your hands towards your foot until a gentle stretch is felt along the back of your knee/thigh. Hold and then return to starting position and repeat. Video # VV6D3V843

Repeat 3 Times

Hold 1 Minute

Copy Exercise ID Here: VV6D3V843



HALF KNEEL HIP FLEXOR STRETCH

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side. Video # VV9R6CRWF

Repeat 3 Times

Hold 1 Minute

Copy Exercise ID Here: VV9R6CRWF



ILIOTIBIAL BAND STRETCH - ITB - STANDING

In a standing position, cross the affected leg behind your unaffected leg.

Next, lean forward and towards the unaffected side while using your arm for balance support. Video # VV33G8KC7

Repeat 3 Times

Hold 1 Minute

Copy Exercise ID Here: VV33G8KC7



PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock. Video # VVDKWUAS7

Repeat 3 Times

Hold 1 Minute

Copy Exercise ID Here: VVDKWUAS7



HIP FLEXOR STRETCH

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.

Repeat 3 Times

Hold 1 Minute



STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well. Video # VVNCZDYGG

Repeat 3 Times

Hold 1 Minute

Copy Exercise ID Here: VVNCZDYGG

LOWER BODY STRENGTHENING

Videos for each exercise can be viewed online at:

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Enter the Video # for the corresponding exercise.



Retrowalk

In athletic stance, walk toe to heel backwards, forcing foot into dorsiflexion. As mobility increases, get lower into athletic stance. Pause at each step to allow a short stretch.□

Perform for 5-10minutes.
You can perform on a treadmill as well.



FIRE HYDRANT - QUADRUPED HIP ABDUCTION

Start in a crawl position and raise your leg out to the side as shown. Maintain a straight upper and mid back. Video # VVFJHC6ST

Repeat 10 Times
Complete 2 Sets

Hold 5 Seconds

Copy Exercise ID Here: VVFJHC6ST



Straight Leg Fire Hydrant

STRAIGHT LEG FIRE HYDRANT - QUADRUPED HIP ABDUCTION

Start in a crawl position and raise your leg out to the side with knee straight as shown. Maintain a straight upper and mid back and neutral low back position without rotation.

Repeat 10 Times
Complete 2 Sets

Hold 5 Seconds



SINGLE LEG BRIDGE

While lying on your back with your knees bent, extend one knee as shown.

Next, raise your buttocks off the floor/bed.

Try and maintain your pelvis level the entire time. Video # VVKL6B6GK

Repeat 10 Times
Complete 2 Sets

Hold 5 Seconds

Copy Exercise ID Here: VVKL6B6GK



Side plank with clamshell

Begin in side plank with knees bent. Contract abdominal muscles to stabilize low back. While keeping ankles together, lift top knee. Return knee to starting position and repeat.

Repeat 10 Times
Complete 2 Sets

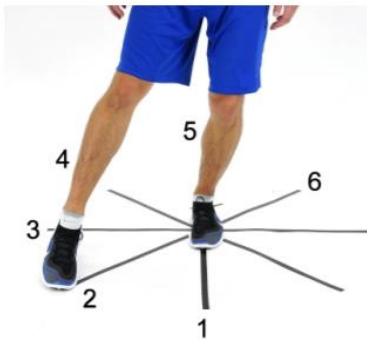
Hold 5 Seconds

AGILITY AND STABILITY

Videos for each exercise can be viewed online at:

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Enter the Video # for the corresponding exercise.



SINGLE LEG STANCE - CLOCKS

Start by standing on one leg and maintain your balance. Image a clock on the floor where your stance leg is in the center.

Then, lightly touch position 1 as illustrated with your non-stance foot. Then return that leg to the starting position.

Next, touch position 2 and return. Continue this all the way to position 6.

Maintain a slightly bent knee on the stance side. Video # VVSAM8NNY

Repeat 10 Times
Complete 2 Sets

Copy Exercise ID Here: VVSAM8NNY



SINGLE LEG HOP AND STICK

Stand on one leg and then hop forward and land on the foot of the same leg. Hop 3 times forward and on the last landing, balance and stick the landing (hold the landing on one foot).

Increase the distance and or height of the jump to progress this exercise. Video # VVLU4SYZ9

Repeat 20 Times

Hold 5 Seconds

Copy Exercise ID Here: VVLU4SYZ9