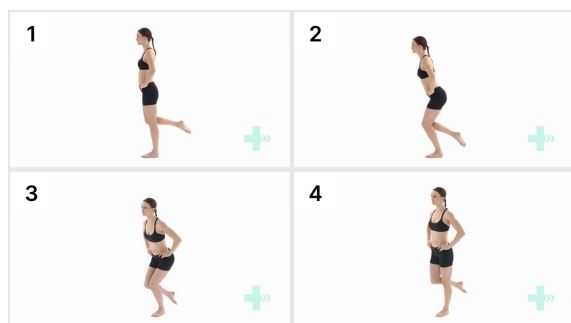




Physica
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- Aim for 2-3 sessions per week.
- Select 3-4 jumping exercises each session (no need to complete everyone each time).
- Focus on maximum intensity of jump rather than fatiguing sets

3 Sets / 12 Reps

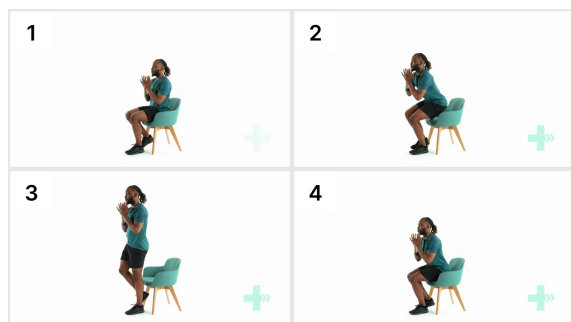


1. Single-leg squat

Stand near a wall or table for support if you need it.
Balance on your affected leg.
Keeping the heel on the ground, bend your knee, ensuring the knee travels directly forwards over your toes.
Straighten back up fully, and repeat the movement.

Go low

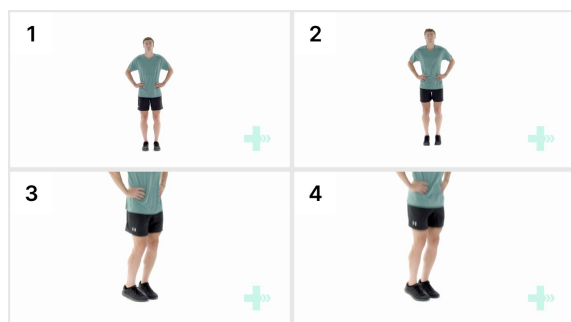
3 Sets / 12 Reps / 4kg weight



2. Single-leg chair squat with weight - free leg bent

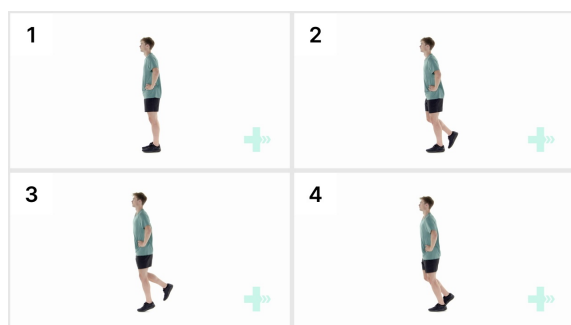
Start by sitting in a chair holding a weight with both hands.
Lift one leg off the floor and bend it under the chair.
Push up to standing and fully straighten your hip and knee.
In a controlled manner sit back down to the chair.
Feel the muscles in your thigh and buttocks working.

3 Sets / 20 Reps



3. Pogo jumps on the spot

Stand up straight with your hands on your hips.
When ready, perform a series of two-footed jumps on the spot with as little time in contact with the ground as possible.
Stay light and springy on the balls of your feet.

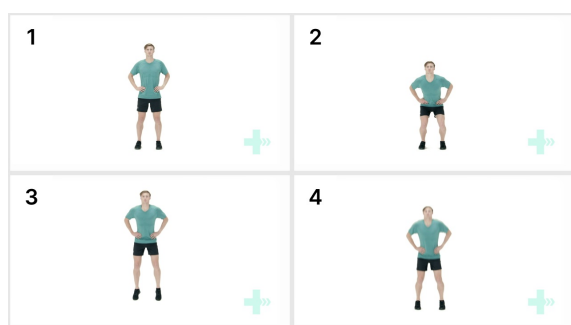
**4. Pogo hops on the spot**

Stand up straight with your hands on your hips.

When ready, perform a series of one-footed hops on the spot with as little time in contact with the ground as possible.

Stay light and springy on the ball of your foot.

3 Sets / 15 Reps

**5. Plyometric squat jumps (hands on hips)**

Stand up straight with your feet shoulders width apart.

Place your hands on your hips.

When ready, perform a squat movement then forcefully jump into the air as high as you can.

Ensure you keep your legs straight when in the air and aim to land on the same spot as you started.

Upon landing, instantaneously perform another jump as quickly and as high as you can.

Continue as instructed by your therapist.

3 Sets / 6 Reps

**6. Split squat hop**

Stand up straight with a box behind you.

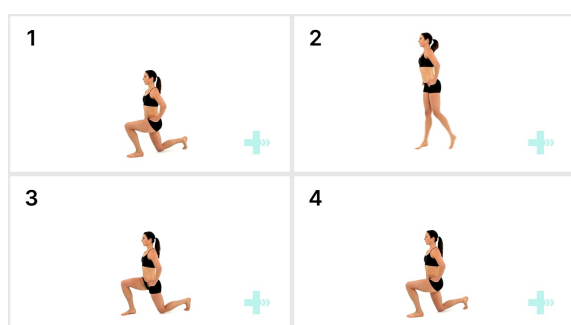
Stand on your leg to be exercised and place your other leg on a box behind you. Squat down on your stance leg, ensuring your knee travels forwards over your toes.

Push through the ball of your foot to spring up into the air.

Control the movement as you land back on the floor and repeat.

Keep an eye on the control of your knee on the landing.

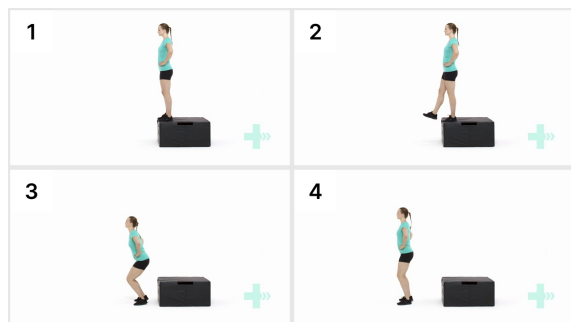
3 Sets / 6 Reps

**7. Jumping lunges - alternate with arms on hips**

Stand in a lunge position, with legs in a wide stride and both knees at ninety degrees.

Jump up and switch legs, landing back in the opposite lunge.

Notice how your hips drop straight down towards the floor in the lunge, and your knees travel directly forwards over your toes.

**8. Plyometrics - drop jump – two-foot land and jump (hands on hips)**

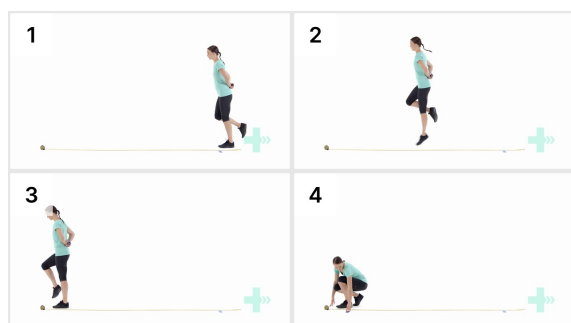
Stand on a box at the height instructed by your therapist.
Place your hands on your hips.
When ready, hover one leg over the edge of the box.
Keeping your chest up, step forwards off the box ensuring you don't jump.
Upon landing, instantly jump directly upwards as quickly and as high as you can.
Land softly with your knees a shoulder's width apart.
Hold this position.
Repeat.

1 Set / 6 Reps

**9. Countermovement - drop jump – single leg land and hop onto one leg (hands on hips)**

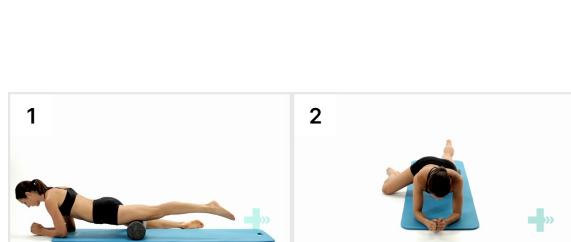
Stand on a box to a height as instructed by your therapist.
Place your hands on your hips.
When ready, hover one leg over the edge of the box.
Keeping your chest up, step forwards off the box ensuring you don't jump.
Upon landing on one leg, hop directly upwards as high as you can.
Land softly on the same leg and regain your balance.
Hold this position.
Repeat.

1 Set / 5 Reps

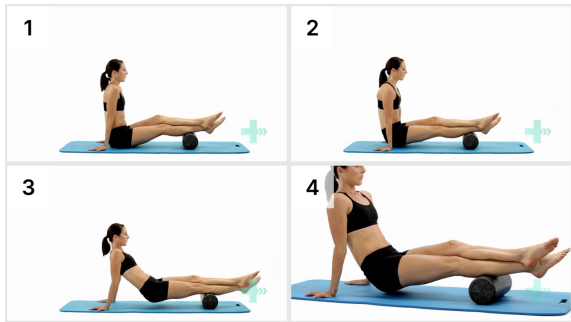
**10. Triple hop - mark the distance**

Stand up straight with a clear area ahead of you.
Have a tape or a line, and two markers.
Position one marker at the starting position.
Stand on one leg with your hands clasped behind your back with your toe in line with the first marker.
Perform 3 hops forward, aiming to hop as far forward as you can while keeping your balance.
Hold the final hop for a few seconds.
Place the second marker in line with your heel.
Repeat the exercise on your other leg and note the difference in distance between the two attempts, if any.

1 Set / 1 Rep / 3 min duration

**11. Quadriceps foam roll**

Lie on your front and place the foam roller underneath your leg.
Bend the opposite leg and bring it out to the side to help you move back and forth.
Roll the entire length of the thigh muscle, staying off the knee joint.



12. Calf foam roll

Place the foam roller underneath your calf.
Take the opposite leg and cross it over so it is resting on your shin in order to apply extra pressure.
Balance yourself with your hands as you lift your legs and hips off the floor.
Roll back and forth along the calf muscle.