



**Centers for
Orthopaedics**
Experience in Motion

33 Sewall Street
Portland, ME 04102
(207) 828-2100

www.orthoassociates.com

AcCeL **OUTLINE OF EXERCISES**

These exercises are organized from easier to more difficult. Do not progress to the next level until able to complete 2 sets of 25 reps of the previous level.

Double knee bends / squats

- hands out in front
- with forward body lean
- with overhead press
- with hand weights
- with stretch cord
- with physioball
- with medicine ball overhead and resistive band around legs

Single knee bends

- contralateral hand assist
- hands on hips
- with heel prop
- with basketball dribbling
- with volleyball bumps
- with soccer kicks
- with stretch cord under foot
- while holding stretch cord with hands from the front
- while holding stretch cord with hands from behind
- with stretch cord pulling from the sides
- with floor reach
- ground clock

Lunges

- static up and down
- alternating legs with step onto floor
- alternating with arms overhead
- with medicine ball upward chops
- with medicine ball downward chops
- with overhead press
- into semi-circle
- with front foot on a pillow
- with back foot on a step
- with back foot on a roller



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Step ups

- 6-8" step
- chair
- with knee drive
- large step with knee drive
- with contra arm lift with weight
- with theraband varus force
- with cord around waist pulling from behind

Jumps

- up and down
- up and down on mats
- frog jumps up and down, hands in
- tuck jumps up and down
- up and down with 3 sec. holds
- up and down with theraband resistance with holds
- up and down without arms
- 2-legged broad jump onto single leg with 3 sec. holds
- 180 degree jumps with 3 sec. holds
- unilateral knee drives onto opposite side with 3 sec. stick landing
- lateral cone / ball jumps, side-to-side
- up and down single leg
- up onto a bench / step
- up onto a step, then forward off the bench
- up onto a step, then backwards back off the bench
- laterally up onto a step
- laterally up onto a step, then off the opposite side
- laterally up onto a step, then back off the same direction
- forward up onto the step, then diagonally off in each direction
- forward down off a step, then back up as high as able
- forward down off a step, then up and forward as far as able
- forward down off a step, then off at a diagonal