

Agility Program

The following exercises are not to be attempted until your Doctor or PT/AT progresses you from the Form running program You should begin at about 25% effort and progress to full effort over a period of 4-6 weeks

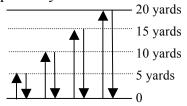
1) Warm-up

Spend three minutes performing a combination of forward, back and side shuffles to get loose

2) Stretching

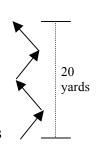
Do stretches as prescribed

3) Forward Gassers DoRun Forward 5 yards, backwards 5 yards, forward 10, back 10 up to 20 yards

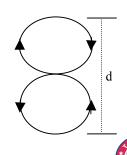


4) Side Gassers Do _____
As above for 4) except do side shuffles

5) Zig Zags Do____ Start jogging about 5 steps to the right, cut and push off the outside foot towards the left, continuing in a zig-zag pattern over about 20 yards. Do not "round off" on the cuts

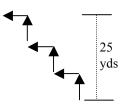


Start with large figure "8"s (d = 30 yards) and tighten them up as you get more confident (down to d = 10 yards)



7) 90 degree turns

DoRun forward 5 steps
then cut left at 90°. Run 5
more steps and then cut
right at 90°. Repeat this
over 25 yards.



8) Quick feet forward (2 feet)

Do ____ x 30 seconds Hop quickly forward/back across a line. Continue for 30 seconds



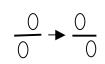
9) Quick feet sideways (2 feet)

Do ____ x 30 seconds Hop quickly side to side across a line.



10) Quick feet alternate (2 feet)

Do ____ x 30 seconds Hop quickly forward/back Across a line with opposite feet forward.



11) Forward Hop (two legged)

Do ___

Hop on your leg for 30 feet

12) Square Hop (two legged)

Do ___ x 30 seconds Hop in a square both clockwise and counter clockwise.



13) Ice

15-20 minutes following program