

Progressive Agility and Trunk Stabilization Program

Phase 1

Low- to moderate-intensity sidestepping, 3 × 1 min

Low- to moderate-intensity Scissor crosses (grapevine stepping) (lateral stepping with the trail leg going over the lead leg and then under the lead leg), both directions, 3 × 1 min

Low- to moderate-intensity steps forward and backward over a tape line while moving sideways, 2 × 1 min

Single-leg stand progressing from eyes open to eyes closed, 4 × 20 sec

Prone abdominal body bridge (performed by using abdominal and hip muscles to hold the body in a face-down straight-plank position with the elbows and feet as the only point of contact), 4 × 20 sec

Supine extension bridge (performed by using abdominal and hip muscles to hold the body in a supine hook lying position with the head, upper back, arms, and feet as the points of contact), 4 × 20 sec

Side bridge, 4 × 20 sec on each side

Ice in long sitting for 20 min

Phase 2

Moderate- to high-intensity sidestepping, 3 × 1 min

Moderate- to high-intensity grapevine stepping, 3 × 1 min

Moderate- to high-intensity steps forward and backward while moving sideways, 2 × 1 min

Single-leg stand windmill touches, 4 × 20 sec of repetitive alternate hand touches

Push-up stabilization with trunk rotation (performed by starting at the top of a full push-up, then maintain this position with 1 hand while rotating the chest toward the side of the hand that is being lifted to point toward the ceiling, pause and return to the starting position), 2 × 15 reps on each side

Fast feet in place (performed by jogging in place with increasing velocity, picking the foot only a few inches off the ground), 4 × 20 sec

Proprioceptive neuromuscular facilitation trunk pull-downs with Thera-Band, 2 × 15 to the right and left

Ice for 20 min if any symptoms of local fatigue or discomfort are present