

PEP program alternative warm up for ACL injury prevention

The following intervention (described by Gilchrist and Mandelbaum et al 26, 27) will be used for the program:

1. Warm-Up (50 yards each)
	1. Jog line to line
	2. Shuttle Run
	3. Backward Running
2. Stretching (2 x 30 secs)
	1. Calf Stretch
	2. Quadriceps Stretch
	3. Hamstring Stretch
	4. Inner Thigh Stretch
	5. Hip Flexor Stretch
3. Strengthening
	1. Walking Lunges (2 x 20 yards)
	2. Russian Hamstring (30 secs)
	3. Single Toe Raises (30 secs both sides)
4. Plyometrics
	1. Lateral Hops (Over a 2-6 inch cone for 30 secs)
	2. Forward Hops (Over a 2-6 inch cone for 30 secs)
	3. Single-Legged Hops (Over a 2-6 inch cone for 30 secs)
	4. Vertical Jumps (30 seconds)
	5. Scissors Jumps (30 seconds)
5. Agilities
	1. Shuttle Run (1 x 40 yards)
	2. Diagonal Run (1 x 40 yards)
	3. Bounding Run (1 x 45-50 yards)

\*\* Remember to watch for correct technique! Emphasize soft landings, increased bend at the knees, ankle, knee and hip alignment. Stay out of the position of no return!