

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!