



SUGARFOOT THERAPY

SFT KNEE STABILITY CIRCUIT

WARM-UP: GLUTE ACTIVATION SEQUENCE

SIDE LYING CLAMS

(with exercise band tied above the knees)

15x on each leg

DOUBLE LEG BRIDGES WITH BAND

(double wrap the band, wrapping once around the calves and once above the knees)

15x

SINGLE LEG BRIDGE WITH KNEE HOLD

15x on each leg

STANDING CLAMS 3 WAYS

(wrap exercise band above knees and hold the ends in each hand)

10x Feet shoulder width apart and parallel with right knee moving

10x Feet shoulder width apart and parallel with left knee moving

10x Right foot one step forward with right knee moving

10x Left foot one step forward with left knee moving

10x Right foot at 3 o'clock with right knee moving

10x Left foot at 3 o'clock with left knee moving

KNEE STABILITY CIRCUIT

PERFORM THE CIRCUIT 1-3 TIMES

3 WAY LUNGES WITH 3 TOE POSITIONS (twisting upper body toward lunging hip)

5x each leg Lunge straight forward with toes turned in

5x each leg Lunge straight forward with toes pointing straight downstage

5x each leg Lunge straight forward with toes turned out

5x each leg Lunge to 3 o'clock with toes turned in

5x each leg Lunge to 3 o'clock with toes pointing straight downstage

5x each leg Lunge to 3 o'clock with toes turned out to 90 degrees

5x each leg Lunge to back diagonal with internal rotation, or toes pointing straight downstage

5x each leg Lunge to back diagonal with toes turned out to 90 degrees

5x each leg Lunge to back diagonal with full turnout, or toes pointing to 4:30 and 7:30 on the clock

3 WAY 2-TO1 JUMPING PROGRESSION (with band tied securely above the knees)

5x on each leg, in each direction, with slow and methodical landings; 10x in each direction, alternating legs with greater speed

5x each leg Jump forward onto right foot, then back to start position; jump forward onto left foot, then back to start position

10x total Moving with greater speed, alternate legs jumping forward and then back to start position

5x each leg Jump right onto right foot, then back to start position; jump left onto left foot, then back to start position

10x total Moving with greater speed, alternate legs jumping side and then back to start position

5x each leg Do quarter tour to stage right landing on right foot, then back to start position...do quarter tour to stage left landing on left foot, then back to start position

10x total Moving with greater speed, alternate legs doing a quarter tour and then back to start position

3 WAY PLANK SQUATS (with band tied to barre or doorknob)

10x Squat with feet shoulder width and parallel, pulling the ends of the band up overhead...with back to the barre

10x Squat with feet shoulder width and parallel, pulling the ends of the band up overhead...with left side of your body to the barre

10x Squat with feet shoulder width and parallel, pulling the ends of the band up overhead...with right side of your body to the barre

SINGLE LEG SQUATS WITH MEDIAL PULL & 5 WAY ARM REACHES

(loop band around barre and tie the ends of the band securely above the knee of the weight-bearing, squatting leg)

These are the 5 way arm reaches:

Reach both arms straight ahead

Reach right hand straight out to the right

Reach left hand straight out to the left

Reach right hand to back right diagonal

Reach left hand to back left diagonal

3x the sequence on each leg Taking the arm reaches to shin height

3x the sequence on each leg Taking the arm reaches to shoulder height

3x the sequence on each leg Taking the arm reaches to above shoulder height