

1a.



Terminal Knee Extension

1a. Place a towel behind knee; then secure the band. Keeping the body still, shift onto the ball of back foot, bending the knee. Hold for 5 seconds.

1b. Straighten back leg, tightening quadriceps muscle and push knee into the band. Hold 7 seconds.

Repeat ___ times.

Eccentric Box Drop

2. Stand on one leg on the edge of the box. Slowly bend knee, dropping opposite leg toward the floor. Sit back so that stance knee does not translate forward over toes. Maintain neutral foot

2.

position with weight balanced between the ball, heel and outside edge of the foot.

Slowly straighten the knee.

Repeat ___ times.

1b.

