



Knee Injury Prevention Program (KIPP) | Trainer: Kim Epperson, ATC

For best outcomes, perform these exercises 2-3x per week with an emphasis on landing softly on your feet, equally (no “knocked knees”), engaging your core and consistency.

Practice Day – Sample A:

1. Jogging*
2. Skipping*
3. Carioca*
4. Side shuffle with arm swings*
5. Backward jog*
6. Butt kickers*
7. Bear crawl (or mountain climbers for 30 seconds) *
8. Walking lunge – forward & lateral*
9. Arm swings (10 forward, 10 backward)
10. Leg swings (10 side-to-side, 10 front-to-back)
11. Heel raises (30 seconds)
12. Line jumps (side-to-side & front-to-back – 30 seconds each)
13. Broad jumps (5 reps)
14. Plank (30 seconds)
15. Scissor jumps (30 seconds)
16. Prone Lift – Traditional (10 reps)
17. Hop, hop, stick (5 jumps/leg)

****Perform across a distance of approx. 50 feet, as down & back.***

Practice Day – Sample B:

1. Jogging*
2. Skipping*
3. Carioca*
4. Side shuffle with arm swings*
5. Backward jog*
6. Butt kickers*
7. Bear crawl (or mountain climbers for 30 seconds) *
8. Walking lunge – forward & lateral*
9. Arm swings (10 forward, 10 backward)
10. Leg swings (10 side-to-side, 10 front-to-back)
11. Squats (30 seconds)
12. Ankle bounces (30 seconds)
13. Side plank (30 sec/side)
14. Squat jumps (30 seconds)
15. Ice skaters (30 seconds)
16. Push-ups (30 seconds)
17. Jump for distance (5 jumps/leg)

****Perform across a distance of approx. 50 feet, as down & back.***

Game Day

1. Jogging*
2. Skipping*
3. Carioca*
4. Side shuffle with arm swings*
5. Backward jog*
6. Butt kickers*
7. Bear crawl (or mountain climbers for 30 seconds) *
8. Walking lunge – forward & lateral*
9. Arm swings (10 forward, 10 backward)
10. Leg swings (10 side-to-side, 10 front-to-back)
18. Line jumps (side-to-side & front-to-back – 30 seconds each)
11. 180-degree jumps (30 seconds)

**Perform across a distance of approx. 50 feet, as down & back.*