

- a) Cardio (optional) – 5-10 mins at 3 or 4 out of 10 intensity.
- Can be jogging, cycling, or brisk walking
- b) Dynamic Mobility
- [Leg Swings](#) (forward and sideways)
  - [Arm Swings](#) (sideways and circles both ways)
  - [Ankle Sweeps](#)
  - [Wall T-Spine Archers](#)
- c) Activation
- [Wall Angels](#)
  - [Back Lunges](#)
  - [Calf Raises](#)
  - Individual injury-specific exercises\*
- d) Plyometric & Agility
- Skipping (forward, backward, sideways both directions)
  - [Single Leg Landings](#)
  - [Single Leg Hops](#) (in place or in X pattern)
  - [Side Shuffle](#)

\*If relevant. These are Injury-specific exercises based on your customized program provided by a physiotherapist or other qualified healthcare professional.

## Questions?

Chelsea Mackenzie, Exercise Physiologist, [mackenzie@banffsportmed.ca](mailto:mackenzie@banffsportmed.ca)  
Nicole Tos, Physiotherapist, [tos@banffsportmed.ca](mailto:tos@banffsportmed.ca)