

# Allina Health Orthopedics Powers Program

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To contact your orthopedic or sports medicine provider or to make an appointment, call: 952.946.9777

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The Powers Program is a progressive plan designed to activate and strengthen the gluteal musculature. To complete the program, you will need an exercise band tied in a loop. Complete the level 1 exercises until you meet the goal hold times for 3 days in a row. Then, move onto level two and so on.

## Level 1 – Activation

### *Clam Shell*

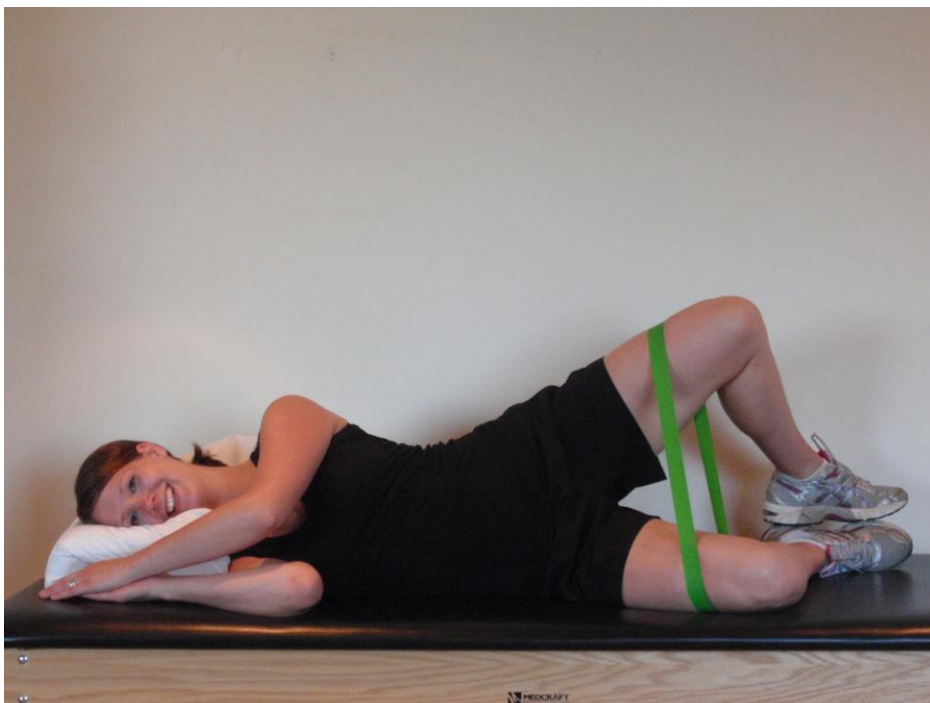
Place band just above knees.

Begin with knees together and the top knee slightly forward of the bottom knee.

Keep hips stacked one on top of the other in vertical.

Fight the band throughout the entire hold.

**Begin with 5 x 20 seconds and work up to a goal of 5 x 60 seconds on each leg.**



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## Level 1 – Activation

### *Fire Hydrant*

Place band just above knees and rest elbows on kitchen table or countertop.

Lift one leg back on a diagonal with the knee bent.

Imagine lifting the knee up and over a fire hydrant.

Fight the band throughout the entire hold.

**Begin with 5 x 10-20 seconds and work up to a goal of 5 x 60 seconds on each leg.**



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## Level 2 – Activation

### *Squat*

Place band just above knees. Feet shoulder width apart.

Perform a squat by hinging at the hips.

Place equal pressure throughout the inside and outside edges of your shoes.

Fight the band throughout the entire hold.

**Begin with 5 x 30 seconds and work up to a goal of 5 x 60 seconds.**



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## Level 2 – Activation

### *Surfer Squat*

Place band just above knees. Feet shoulder width apart with one foot turned out 45 degrees.

Perform a squat by hinging at the hips then turning trunk toward the turned out foot.

Fight the band throughout the entire hold with a focus on the back leg.

**Begin with 5 x 10-20 seconds and work up to a goal of 5 x 60 seconds on each leg.**



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## Level 3 – Activation *Standing Fire Hydrant*

Place band just above knees and rest elbows on IMAGINARY countertop.

Lift one leg back on a diagonal with the knee bent.

Imagine lifting the knee up and over a fire hydrant.

Fight the band throughout the entire hold.

Be sure that you are NOT tipping your trunk to the side.

**Hold 5 x 30 seconds on each leg.**



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## Level 4 – Strength

### *Squats*

Place band just above knees.

Feet shoulder width apart.

Perform a squat by hinging at the hips.

Fight the band with each repetition

**Complete 2 x 15 repetitions.**



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## Level 4 – Strength *Walking Squat*

Place band just above knees.

Feet shoulder width apart. Perform a squat by hinging at the hips.

Take one step to the side into an extra wide squat. Step back to standard squat. Repeat to other side.

Fight the band with each foot placement on the ground.

**Complete 2 x 15 repetitions. Count each foot contact on the ground as one repetition.**

STANDARD



EXTRA WIDE



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## Level 4 – Strength *Split Squat*

Begin in a long stride and up on the ball of the back foot.

Lean slightly forward through your trunk.

Bend both knees and bring finger tips to your front ankle. Then push back up.

**Complete 2 x 15 repetitions on each leg.**





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## Level 5 – Strength

### *Standing Fire Hydrant*

Place band just above knees and rest elbows on IMAGINARY countertop.

Bend one knee then lift your leg on a backward diagonal. Lower leg back down.

Imagine lifting the knee up and over a fire hydrant.

**Complete 2 x 15 repetitions on each leg.**



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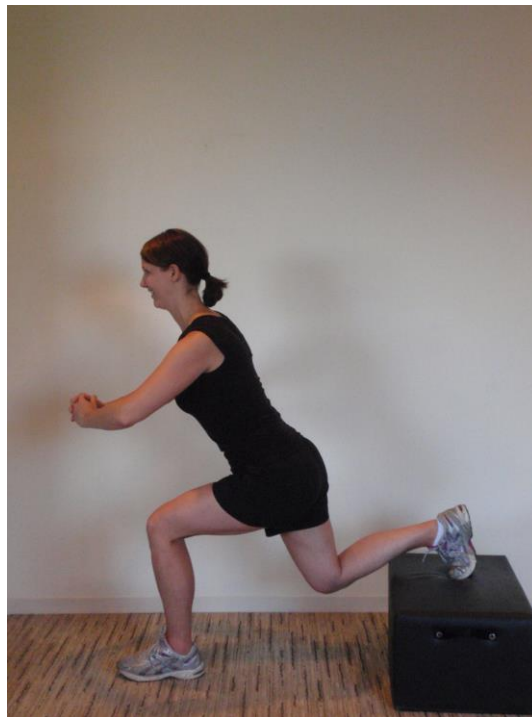
## Level 5 – Strength *Bulgarian Squat*

Begin in a long stride with your back foot on a 12-18 inch box or chair.

Lean slightly forward through your trunk.

Bend both knees. Then push back up.

**Complete 2 x 15 repetitions on each leg.**



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## Level 5 – Strength *Hip Hike*

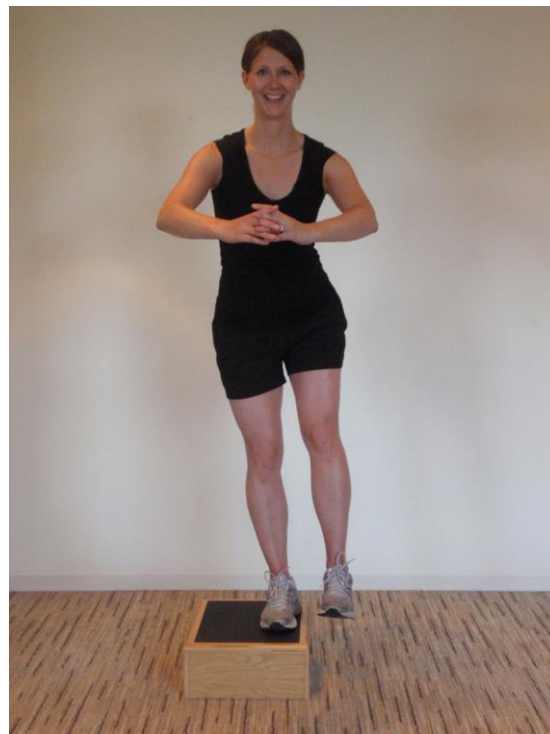
Stand on a stair with one foot supported and the other free.

Stance leg should be straight but not locked. Hinge slightly forward at the hips.

By tipping your pelvis like a teeter totter, drop the free foot below the surface of the step.

Now pull your foot up as if pulling out of quick sand.

**Complete 2 x 15 repetitions on each leg.**



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## Level 5 – Strength *Step Up*

Complete a step up on a box that is 8-18 inches tall.

Press through your heel.

As you stand up, bring the free leg up in front of you as shown. Then step back and down.

**Complete 2 x 15 repetitions on each leg.**



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## Level 5 – Strength

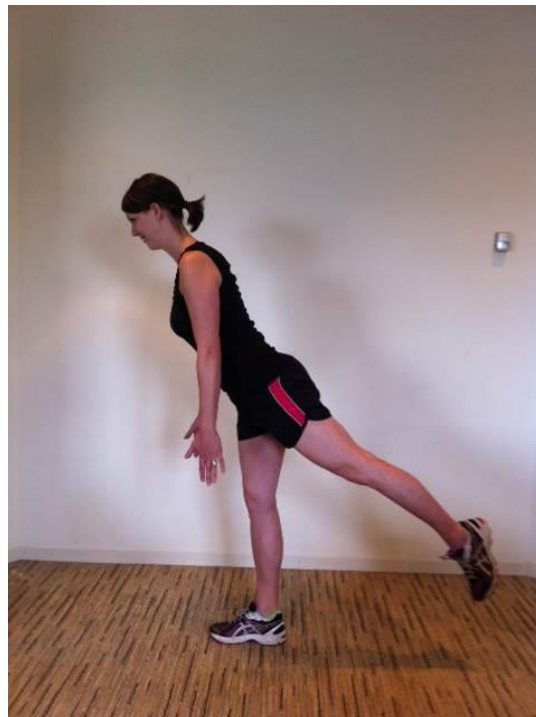
### *Single Leg Romanian Dead Lift*

Stand on one leg with the other toe pointed behind you.

Keep your whole body straight like a teeter totter.

Tip your trunk forward until your fingers reach your knees. Then stand back up.

**Complete 2 x 15 repetitions on each leg.**



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## Level 5 – Strength *Step Down*

Stand on one leg. Hinge at the hips and bend one knee until your other heel gently touches the floor.

Begin on the floor. Transition to a 2 inch book, 4 inch box, 6-8 inch step if able.

**Complete 2 x 15 repetitions on each leg.**



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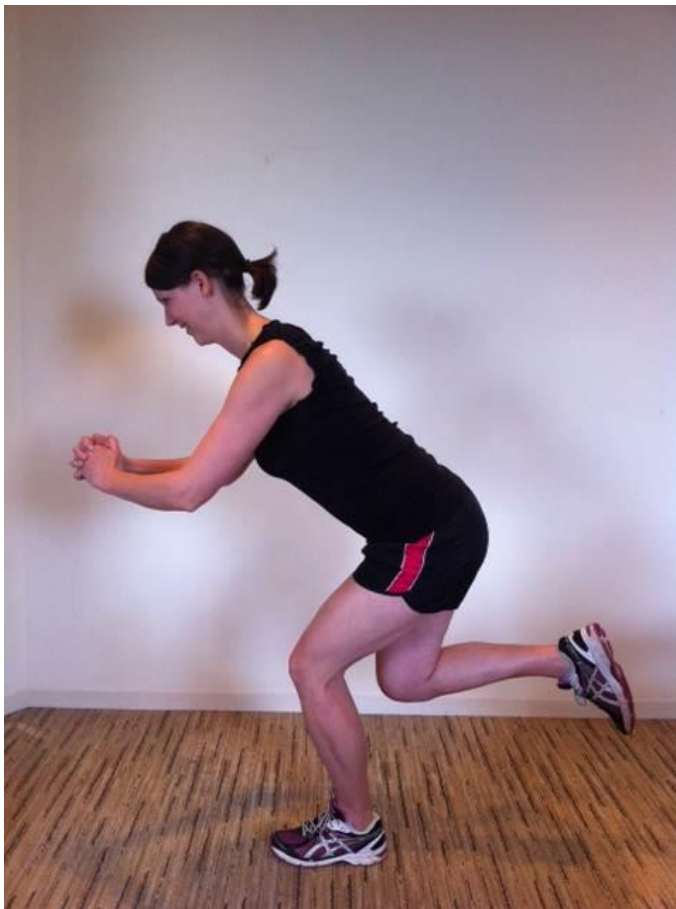
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## Level 5 – Strength *Single Leg Squat*

Stand on one leg. Hinge at the hips and perform a single leg squat.

The free leg should hang back and down.

**Complete 3-5 x 5 repetitions on right and left.**



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## Level 6: Double Limb Plyometrics

Band: Green Yellow None

\_\_\_ Jumps \_\_\_\_\_ sets of \_\_\_\_\_


\_\_\_ Forward jumps \_\_\_\_\_ sets of \_\_\_\_\_

\_\_\_ Jump ups \_\_\_\_\_ sets of \_\_\_\_\_ \_\_\_\_\_ inches

\_\_\_ Jump downs \_\_\_\_\_ sets of \_\_\_\_\_ \_\_\_\_\_ inches

\_\_\_ Forward jumps zig zag \_\_\_\_\_ sets of \_\_\_\_\_

\_\_\_ Lateral jumps \_\_\_\_\_ sets of \_\_\_\_\_ jumps

\_\_\_ Lateral shuffle \_\_\_\_\_ sets of  (3-4 shuffles each direction)



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## Level 7: Single Limb Plyometrics

- \_\_\_ One-step decel back pedal      \_\_\_ sets of \_\_\_ R & L
- \_\_\_ Three-step decel back pedal      \_\_\_ sets of \_\_\_ R & L
- \_\_\_ Hopscotch      \_\_\_ sets of \_\_\_ R & L
- \_\_\_ Split squat plyo      \_\_\_ sets of \_\_\_ R & L
- \_\_\_ Step up plyo      \_\_\_ sets of \_\_\_ R & L      \_\_\_ inches
- \_\_\_ Lunge-skip drill      \_\_\_ sets of \_\_\_ R & L
- \_\_\_ Single leg hop      \_\_\_ sets of \_\_\_ R & L
- \_\_\_ Single leg forward hops      \_\_\_ sets of \_\_\_ R & L
- \_\_\_ Single leg hop up      \_\_\_ sets of \_\_\_ R & L      \_\_\_ inches
- \_\_\_ Single leg hop down      \_\_\_ sets of \_\_\_ R & L      \_\_\_ inches
- \_\_\_ Side to side skater      \_\_\_ sets of \_\_\_

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## Level 8: Sports Specific Drills

\_\_\_ Step cut \_\_\_\_\_ sets of \_\_\_\_\_ R & L

\_\_\_ Run cut \_\_\_\_\_ sets of \_\_\_\_\_ R & L

\_\_\_ Run backpedal (W pattern) \_\_\_\_\_ sets of \_\_\_\_\_

\_\_\_ Lateral shuffles (W pattern) \_\_\_\_\_ sets of \_\_\_\_\_

\_\_\_ Diagonal skater \_\_\_\_\_ sets of \_\_\_\_\_

\_\_\_ Zig-zag hops \_\_\_\_\_ sets of \_\_\_\_\_ R & L

\_\_\_ Run-shuffle-backpedal-shuffle \_\_\_\_\_ times clockwise and counter CW