

## Video 'You tube' links for end stage LL rehabilitation

*Some you tube link ideas for demonstrating higher level exercises to patients.*

### **High level control/ balance work**

Mick Hughes- control exercises- <https://www.youtube.com/watch?v=sxfYXu8JvvM>

Mick Hughes- dynamic balance drills- <https://www.youtube.com/watch?v=X1aMEIChmCk>

### **Plyometrics various**

Mick Hughes- early plyos- <https://www.youtube.com/watch?v=-q3gj0BkyYg>

Peter Malliaras single leg hop protocol - [https://www.youtube.com/watch?v=tB\\_2eCKxcjs](https://www.youtube.com/watch?v=tB_2eCKxcjs)

Peter Malliaras double leg hop protocol- [https://www.youtube.com/watch?v=R1\\_hBFnJkw8](https://www.youtube.com/watch?v=R1_hBFnJkw8)

Peter Malliaris single leg hop onto step- <https://www.youtube.com/watch?v=ldlVqjdlpSo>

Plyo – single leg hop side to side and forward/ backward -

<https://www.youtube.com/watch?v=bLxN9UST8a8>

Plyo- power skipping - <https://www.youtube.com/watch?v=Kpn08OHCBOQ>

Plyo- box jump up and down - <https://www.youtube.com/watch?v=188T6x5yqRI>

Plyo- mini squat jumps - [https://www.youtube.com/watch?v=nvmsDWkN8\\_o](https://www.youtube.com/watch?v=nvmsDWkN8_o)

Plyo- bench taps - <https://www.youtube.com/watch?v=diEMFIL3op8>

Plyo- Bunny jumps forwards/ backwards and side to side-

<https://www.youtube.com/watch?v=Blg82N7XfgU>

Plyo- lateral jumps- diagonal - [https://www.youtube.com/watch?v=LdMZeZ\\_ml](https://www.youtube.com/watch?v=LdMZeZ_ml)

Plyo- depth jumps- <https://www.youtube.com/watch?v=pabRDNIN3K0>

Plyo- tuck jumps- <https://www.youtube.com/watch?v=szR6ok7JDy8>

Plyo- skaters- [https://www.youtube.com/watch?v=u\\_MyeMx3tzA](https://www.youtube.com/watch?v=u_MyeMx3tzA)

Plyo- lunge jumps- [https://www.youtube.com/watch?v=NEdstj48C6Y&list=PL\\_C8s-TiNYpc7M-3L\\_Vujzg3SzQAdzlup&index=12](https://www.youtube.com/watch?v=NEdstj48C6Y&list=PL_C8s-TiNYpc7M-3L_Vujzg3SzQAdzlup&index=12)

Plyo- skipping- [https://www.youtube.com/watch?v=2FbNYzwS1D8&list=PL\\_C8s-TiNYpc7M-3L\\_Vujzg3SzQAdzlup&index=19](https://www.youtube.com/watch?v=2FbNYzwS1D8&list=PL_C8s-TiNYpc7M-3L_Vujzg3SzQAdzlup&index=19)

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Plyo program generic- [https://www.youtube.com/watch?v=FYJJBwG\\_i8U](https://www.youtube.com/watch?v=FYJJBwG_i8U)

Plyo- Mick Hughes plyo options- <https://www.youtube.com/watch?v=RQ2yP3nOzcl>

Plyo- Matthew Boes- [https://www.youtube.com/watch?v=oY6Tp7rTB\\_8](https://www.youtube.com/watch?v=oY6Tp7rTB_8)

### **Various strength exercises with minimal/ no equipment**

Strength- walking lunge - [https://www.youtube.com/watch?v=EE1WQYw-LCg&list=PL\\_C8s-TiNYpc7M-3L\\_Vujzg3SzQAdzlp&index=26](https://www.youtube.com/watch?v=EE1WQYw-LCg&list=PL_C8s-TiNYpc7M-3L_Vujzg3SzQAdzlp&index=26)

Strength- lateral step ups - [https://www.youtube.com/watch?v=0ltUhwXBt8&list=PL\\_C8s-TiNYpc7M-3L\\_Vujzg3SzQAdzlp&index=27](https://www.youtube.com/watch?v=0ltUhwXBt8&list=PL_C8s-TiNYpc7M-3L_Vujzg3SzQAdzlp&index=27)

Strength- Romanian deadlifts - [https://www.youtube.com/watch?v=GhoSOo0AhWc&list=PL\\_C8s-TiNYpc7M-3L\\_Vujzg3SzQAdzlp&index=28](https://www.youtube.com/watch?v=GhoSOo0AhWc&list=PL_C8s-TiNYpc7M-3L_Vujzg3SzQAdzlp&index=28)

Strength- Mick Hughes- child weighted deadlifts- <https://www.youtube.com/watch?v=NXARsMjZu3s>

Strength- Mick Hughes- child weighted squat and press- <https://www.youtube.com/watch?v=ZPpKfY70hyo>

Strength- Mick Hughes- wheely chair ham curls- <https://www.youtube.com/watch?v=iur90KeOnwU>

Strength- Mick Hughes- child weighted palof press- <https://www.youtube.com/watch?v=HVgy-eXMju4>

Strength- Mick Hughes- Bulgarian split squat - <https://www.youtube.com/watch?v=0j-zn2SgPXA>

Strength- Mick Hughes- ham options- <https://www.youtube.com/watch?v=NXARsMjZu3s>

Strength- Mick Hughes- foam roller ham curls- [https://www.youtube.com/watch?v=Ud9PL\\_C\\_Oec](https://www.youtube.com/watch?v=Ud9PL_C_Oec)

Strength- Mick Hughes- Nordics and leg extension super set- <https://www.youtube.com/watch?v=XjGGr8WiRvg>

Strength- Mick Hughes- seated tantrum hams- <https://www.youtube.com/watch?v=CNGgAGCqYGE>

Strength- Mick Hughes- squat options - <https://www.youtube.com/watch?v=MUsMKym5lic>

Strength- side plank with abduction- [https://www.youtube.com/watch?v=Om3M4ezJvSM&list=PL\\_C8s-TiNYpc7M-3L\\_Vujzg3SzQAdzlp&index=31](https://www.youtube.com/watch?v=Om3M4ezJvSM&list=PL_C8s-TiNYpc7M-3L_Vujzg3SzQAdzlp&index=31)

Strength- crab walk- [https://www.youtube.com/watch?v=x\\_yv7BRniU&list=PL\\_C8s-TiNYpc7M-3L\\_Vujzg3SzQAdzlp&index=34](https://www.youtube.com/watch?v=x_yv7BRniU&list=PL_C8s-TiNYpc7M-3L_Vujzg3SzQAdzlp&index=34)

Strength- cowboy/ monster walk- [https://www.youtube.com/watch?v=NryOTZg8EN0&list=PL\\_C8s-TiNYpc7M-3L\\_Vujzg3SzQAdzlp&index=35](https://www.youtube.com/watch?v=NryOTZg8EN0&list=PL_C8s-TiNYpc7M-3L_Vujzg3SzQAdzlp&index=35)

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Strength- single leg hamstring bridge- mick hughes-

<https://www.youtube.com/watch?v=NIhAjGUt71I>

Strength- general – Matthew Boes- <https://www.youtube.com/watch?v=1zv-tPGjXqY>

Strength- general higher level- Matthew Boes-

<https://www.youtube.com/watch?v=ZWu9MSC6WMw>

### **Change of direction work**

Cutting- [https://www.youtube.com/watch?v=n-aAxdMC6mc&list=PL\\_C8s-TiNYpc7M-3L\\_Vujzg3SzQAdzlup&index=36](https://www.youtube.com/watch?v=n-aAxdMC6mc&list=PL_C8s-TiNYpc7M-3L_Vujzg3SzQAdzlup&index=36)

Grapevine- [https://www.youtube.com/watch?v=uWavy\\_f2sVY&list=PL\\_C8s-TiNYpc7M-3L\\_Vujzg3SzQAdzlup&index=37](https://www.youtube.com/watch?v=uWavy_f2sVY&list=PL_C8s-TiNYpc7M-3L_Vujzg3SzQAdzlup&index=37)

Forward/ backward run - [https://www.youtube.com/watch?v=L9Sf-FlvAtM&list=PL\\_C8s-TiNYpc7M-3L\\_Vujzg3SzQAdzlup&index=38](https://www.youtube.com/watch?v=L9Sf-FlvAtM&list=PL_C8s-TiNYpc7M-3L_Vujzg3SzQAdzlup&index=38)

Lateral shuffle- [https://www.youtube.com/watch?v=iBmvPEWt5og&list=PL\\_C8s-TiNYpc7M-3L\\_Vujzg3SzQAdzlup&index=39](https://www.youtube.com/watch?v=iBmvPEWt5og&list=PL_C8s-TiNYpc7M-3L_Vujzg3SzQAdzlup&index=39)

Mick Hughes- change of direction drills- <https://www.youtube.com/watch?v=ckOtXUBsa7U>

### **Ladders**

Ladder drills- <https://www.youtube.com/watch?v=iICTuTZCJyM>

<https://www.youtube.com/watch?v=tMY5Cj39xN8>

### **Return to run**

Mick Hughes- return to run after ACL reconstruction- meeting the criteria-

<https://www.youtube.com/watch?v=MnBVw3in8B4>

Mick Hughes- return to running drills- <https://www.youtube.com/watch?v=ANdO3IDbEJI>

Mick Hughes- perturbation - <https://www.youtube.com/watch?v=emnfCWVvkzWM>

### **Early to mid post op generic knee**

Matthew Boes- early knee ex- <https://www.youtube.com/watch?v=CmraPlkJJNg>

Matthew Boes- early knee ex no.2 - <https://www.youtube.com/watch?v=-ma-DwhXLik>

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Matthew Boes- early knee ex no.3- [https://www.youtube.com/watch?v=retYkF\\_V-NQ](https://www.youtube.com/watch?v=retYkF_V-NQ)

Matthew Boes- early knee ex- arom/ balance- <https://www.youtube.com/watch?v=Z1iExTDga0M>

Matthew Boes- early knee strengthening- <https://www.youtube.com/watch?v=Ts18CoBjpg>

Matthew Boes- early knee strengthening (2)- <https://www.youtube.com/watch?v=ysaXsc3UY0s>