

**Sports Medicine: Adult Programs**  
**EXCEL: Building the Athletic Knee**  
**Applicable to Adult Basketball, Football, Volleyball and Soccer**

Program designed to improve core and lower extremity function, utilizing jump-training principles to meet the needs of adult competitive athletes. This program takes participants through an intense, functional program of education and exercise.

**Program Objectives**

- Improve quad and hamstring strength
- Decrease harmful landings
- Increase vertical jump height
- Improve knee proprioception
- Enhance body control

**Program Focus**

- “Train out” injury causing habits
- Strength building of legs
- Jump and land training for improved balance and safety
- Learning the three-step cut to decelerate
- Retrain quads and hamstrings to fire at a more appropriate ratio to reduce strain on the ACL
- Body core strengthening

**Program Provides**

- Pre and Post Video Analysis Testing of each athlete in vertical jump height and leg press test
- Six one-hour sessions over two weeks
- Home exercise program for “off day” training
- Education on the role of knee anatomy in overall sports activities

**For more information contact:**

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