



## Athletic Training Education Program

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*A Functional Lower Extremity Intervention Significantly Improves Neuromuscular Control and Decreases Pain*

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### 8 Exercises



2-way step-ups; sagittal



2-way step-ups; transverse



Single-leg squat → calf-raise → teeter-totter



Sumo walks; internal and external rotation



Bowler Squat



Single leg squat with high to low X-chop



Anterolateral lunge with same arm driver



Single leg hop with reverse step down



Cross-over lunge hop matrix