

BEST FOR:

TIPS & TRICKS:

EXAMPLES:

TRAILBLAZER

- NWB exercises
- Isometrics
- Exercises with [sustained holds](#) near end range: *"oscillations" fatigue the muscle while sustaining high end-range contraction*

- The MVC goal must be dialed in to maximize success
- Be sure to contract the muscle quickly and efficiently off the ramp

- [Prone Y](#)
- SLR
- Side lying ER

MUSCLE BALL

- NWB exercises
- Isometrics
- Exercises with long holds near end range
- Single leg weight bearing exercises

- ["No Rest" Protocol](#):
Contract phase - hold an isometric contraction
Rest phase - quick-fire isometric on a small range exercise

- *LE*: quad sets, SLR, clamshells, [hip abduction, bridges](#), hip extension, heel raise, ankle eversion
- *UE*: prone Y, side lying ER, scaption

FLEX SLEDDING

- [NWB exercises](#)
- Isometrics & isokinetics
- Exercises with long holds near end range
- [Single leg](#) weight bearing exercises

- Sensitive to deviations from goal - ensure you can sustain contraction
- Very helpful for visual representation of a sustained contraction

- Heel raises
- SL squat / [Rearfoot elevated split squats](#)
- Mid-range isometric squats
- Ankle eversion

DRIFT

- [NWB exercises](#)
- Isometrics
- Exercises with long holds near end range
- Single leg weight bearing exercises

- Muscles involved in active stabilization during standing will have resting tone. Set the goal slightly higher so this doesn't register as contraction during rest phases

- Prone Y
- SLR
- [Side lying ER](#)
- SL Heel raise
- Ankle eversion, inversion, dorsiflexion