POWERS PROGRAM

The ‘Powers Program’ is an evidenced based exercise progression developed by Chris Powers, PT, PHD from the University of Southern California. Powers and colleagues have completed extensive research on the role of gluteus maximus (GMax) activation in improving lower extremity biomechanics and function as a means of decreasing knee pain.

The program consists of eight phases with an emphasis on triplanar GMax function – abduction, extension, external rotation. Phases 1-3 of the program are focused on GMax activation. Phases 4-5 are focused on GMax strength. And the final three phases emphasize functional applications of the GMax during ballistic tasks.

The patient MUST attain the goal repetitions (and holds when required) at one level before progressing to the next level.

It is imperative the physical therapist provides extensive education to the patient while progressing through the Powers Program:

- Make sure the patient feels the exercises in the glutes. Of course, the quads will continue to function during the weight bearing exercises. But the ratio of Gmax to quads activation should be 2:1. If this is not the case, check form. If still not the case, continue at a lower level for longer.

- All standing exercises:
  1) Lower extremity alignment
  2) Hips down and back

- Single limb exercises:
  1) Pelvis level
  2) Trunk vertical (no lateral deviation)

- Plyometric exercises:
  1) Soft landings

Please contact Linsey or Katie in PT at SAOS if questions: 952-914-8631
Level 1 – Activation

*Clam*

EVERY DAY

**Goal**
60 seconds  5 times  right and left  with blue band

Start with ____ seconds and work up to 60 seconds

**Cues**
___ Keep top hip forward
___ Fight the band
Level 1 – Activation
*Fire Hydrant*

**EVERY DAY**

**Goal**
60 seconds 5 times right and left with blue band

Start with ____ seconds and work up to 60 seconds

**Cues**

___ Keep torso square

___ Lift leg back on diagonal

___ Knee up / foot down

___ Fight the band
Level 2 – Activation
*Squat*

**EVERY DAY**

**Goal**
60 seconds  5 times  with blue band

Start with _____ seconds and work up to 60 seconds

**Cues**

___ Knees aligned

___ Hips down and back

___ Trunk forward

___ Fight the band
Level 2 – Activation
*Surfer*

EVERY DAY

**Goal**
60 seconds | 5 times | right and left | with blue band

Start with ____ seconds and work up to 60 seconds

**Cues**

___ Knees aligned (back knee!)

___ Hips down and back

___ Trunk forward and rotated

___ Fight the band

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Level 3 – Activation
Standing Fire Hydrant

EVERY OTHER DAY

Goal
30 seconds 5 times right and left with blue band

Start with ____ seconds and work up to 30 seconds

Cues

___ Stance knee aligned

___ Pelvis level

___ Trunk forward

___ Trunk vertical (no side to side)
Level 4 – Strength

Squats

EVERY OTHER DAY

1  2  sets of 15 repetitions               with blue band

Cues

___ Knees aligned

___ Hips down and back

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Level 4 – Strength

*Crab Walk*

**EVERY OTHER DAY**

1 2 set(s) of 15 steps right and left with blue band

**Cues**

___ Knees aligned

___ Trunk forward

___ Trunk vertical (no side to side)

___ Hips down and back
Level 4 – Strength

**Lunge**

**EVERY OTHER DAY**

1 2 set(s) of 15 repetitions right and left

**Cues**

___ Knees aligned

___ Pelvis level

___ Trunk forward (nose over toes)
Level 5 – Strength

*Standing Fire Hydrant*

**EVERY OTHER DAY**

1 2 set(s) of 15 repetitions right and left with blue band

**Cues**

___ Stance knee aligned

___ Pelvis level

___ Trunk forward

___ Trunk vertical (no side to side)
Level 5 – Strength
*Split Squat*

EVERY OTHER DAY

1 2 sets of 15 repetitions right and left

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**Cues**

___ Knees aligned

___ Pelvis level

___ Trunk forward

___ Trunk vertical (no side to side)
Level 5 – Strength
*Single Leg Squat*

**EVERY OTHER DAY**

1  2  sets of 15 repetitions  
right and left

**Cues**

___ Stance knee aligned

___ Pelvis level

___ Trunk forward

___ Trunk vertical (no side to side)

___ Hips down and back
Level 5 – Strength

_Hip Hike_

EVERY OTHER DAY

1 2 set(s) of 15 repetitions right and left

**Cues**

___ Trunk slightly forward

___ Stance knee straight (but not locked)

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[Images of a person performing the exercise]
Level 5 – Strength

*Step Up*

**EVERY OTHER DAY**

1 2  set(s) of 15 repetitions  right and left  ___ inches

**Cues**

___ Stance knee aligned
___ Pelvis level
___ Trunk forward
___ Trunk vertical (no side to side)
___ Hips down and back
___ Pass through single leg squat

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Level 5 – Strength

Step Down

EVERY OTHER DAY

1  2  set(s) of 15 repetitions  right and left  ___ inches

Cues

___ Stance knee aligned

___ Pelvis level

___ Trunk forward

___ Trunk vertical (no side to side)

___ Hips down and back

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Powers Program  
Level 6: Forward

EVERY OTHER DAY

With blue band / No blue band

Remember: Knees aligned Soft landings Hips down/back

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___ Jumps ______ sets of _____

___ Jump ups ______ sets of _____ ______ inches

___ Jump downs ______ sets of _____ ______ inches

___ Forward jumps ______ sets of _____
Powers Program
Level 6: Lateral

EVERY OTHER DAY

Remember: Knees aligned Soft landings Hips down/back

___ Lateral shuffle

-Right / pause / left / pause ___ shuffles ___ times to right and left

-Immediate direction changes ___ shuffles ___ times to right and left

___ Lateral jumps with band

-Right / pause / left / pause _____ jumps

-Immediate side to side jumps _____ jumps

-R R / L L _____ jumps

-R R R / L L L _____ jumps

___ Skater drill

-Single leg squat right to single leg squat left _____ squats

-Small hops right to left _____ hops

-Large hops right to left _____ hops
Powers Program

Level 7

EVERY OTHER DAY

Remember:  Knees aligned  Pelvis level  Trunk vertical
Soft landings  Hips down and back

Level 7: Deceleration

___ One step deceleration  _____ sets of _____  R & L

___ Three step deceleration  _____ sets of _____  R & L

Level 7: Triple Hop

___ Single leg jumps  _____ sets of _____  R & L

___ Single leg jump ups  _____ sets of _____  R & L  _____ inches

___ Single leg jump downs  _____ sets of _____  R & L  _____ inches

___ Single leg forward jumps  _____ sets of _____  R & L

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Powers Program

Level 8: Cutting

EVERY OTHER DAY

Remember: Knees aligned Pelvis level Trunk vertical
Soft landings Hips down and back

_____ Forward skater _____ sets of _____

_____ Zig-zag jumps _____ sets of _____ R & L

_____ Step cut _____ sets of _____ R & L

_____ Run cut _____ sets of _____ R & L

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Lower Extremity Stretching

Hold the following marked exercises for ____ seconds ____ times on each leg.

___ ITB / glute stretch  ___ Hamstring stretch  ___ Hip flexor stretch

___ Quads stretch  ___ Soleus (calf) stretch

___ Prone hang  ___ Other:
POWERS PERFORMANCE TEST

- Generally, performance testing is completed at a minimum of 5 months after ACL reconstruction.
- Give the patient verbal instructions. Example: *This is a step down test. Stand on the box on your surgical leg, bend your knee, and touch your opposite heal to the ground.*
- If desired, show the patient how to do the test.
- Allow for two practice attempts – surgical leg only.
- Complete each test twice, once with an anterior vantage point and once from lateral.
- Document biomechanical aptitudes or faults.
- Scoring: 2 = adequate / 1 = borderline / 0 = inadequate

### Anterior View

<table>
<thead>
<tr>
<th>Test</th>
<th>Hip Stability (Valgus)</th>
<th>Pelvis Stability (Trndlbg)</th>
<th>Trunk Stability</th>
<th>Shock Absorption</th>
<th>Hip Strategy</th>
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</thead>
<tbody>
<tr>
<td>1 Step down</td>
<td>0 1 2</td>
<td>0 1 2</td>
<td>0 1 2</td>
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<td>0 1 2</td>
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<tr>
<td>2 Drop Jump</td>
<td>0 1 2</td>
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<td>0 1 2</td>
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<tr>
<td>3 Lateral Shuffle</td>
<td>0 1 2</td>
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<td>0 1 2</td>
<td>---</td>
<td>0 1 2</td>
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<tr>
<td>4 Deceleration</td>
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<td>0 1 2</td>
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<td>0 1 2</td>
</tr>
<tr>
<td>5 Triple Hop</td>
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<td>0 1 2</td>
<td>0 1 2</td>
<td>0 1 2</td>
<td>0 1 2</td>
</tr>
<tr>
<td>6 Run Cut</td>
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### Lateral View

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<td>0 1 2</td>
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<td>0 1 2</td>
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<tr>
<td>4 Deceleration</td>
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<tr>
<td>5 Triple Hop</td>
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<td>0 1 2</td>
<td>0 1 2</td>
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<td>0 1 2</td>
</tr>
<tr>
<td>6 Run Cut</td>
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</tr>
</tbody>
</table>

If a passing score is achieved, begin 4-6 weeks of sport specific drills and practice (progressing from non-contact to contact) before returning to competitive play.

**May be altered at the discretion of the SURGEON.

1) Patient stands on surgical limb on 6” box. Bends knee to touch opposite heel to floor.
2) Patient stands on 12” box. Jumps to ground on two feet rebounds vertically, and lands.
3) In athletic stance, patient shuffles quickly sideways 4-5 times then rapidly changes direction. Go first toward the surgical limb so that direction change takes place on affected extremity.
4) Run 4-6 steps forward, plant on surgical leg in single leg squat, then back pedal for 4-6 steps.
5) Patient completes three moderate to large forward hops on surgical limb.
6) Run 4-6 steps forward, plant on surgical leg in single leg squat, then cut 90 degrees and continue running forward.