

Agility Ladder

A ladder that is placed flat on the ground typically made of plastic and nylon straps that can be easily adjusted to suit specific exercise goals. These ladders are typically 10 m. long with 18 in. squares throughout ladders distance.

Purpose: To help increase agility, coordination, controlled mobility, skill and proprioception.

Indications:

- Sports specific injury
- Decrease in endurance
- Decrease in proprioception
- Decrease in coordination
- Decrease in agility
- Decrease in functional speed
- LE Amputee
- Beneficial to all ages

Therapeutic Effects:

- Increase blood flow
- Increase endurance
- Increase proprioception
- Promote increase in agility
- Increase in coordination
- Increase functional speed
- Retrain proprioception
- Functional gains in LE amputee

Contraindications:

- ✓ Impaired balance
- ✓ Dizziness
- ✓ Cardiovascular Concerns
- ✓ Significant Neurological Impairments
- ✓ Extremely De-conditioned

Positioning:

- Always land on balls of the feet
- Arms should be at 90 degrees
- Keep knees directly above ankles

Benefits:

An agility ladder is a *cost effective, easily stored* piece of equipment that *can be obtained by anyone*. No special order is required and they can be found at most sporting stores. This ladder *helps to improve quick movement* in the LE's, *coordination, power, balance, speed, and promote cardiovascular health*. Most times they are used for sports conditioning/agility training.

VARIATIONS/PROGRESSION PATTERNS:

SPEED:

Walking → Running → Skipping → Jumping

DIRECTION:

Forward → Backward → Lateral → Diagonal
Maneuvers → Rotational

DISTANCE:

Short → Long Ladder Length
Large → Small Foot Placement Areas

EYE PLACEMENT:

At Ladder → Mirror → Straight ahead

SURFACE AND AREA STABILITY:

Hardwood Flooring → Tile → Carpet

SURROUNDING SUPPORTS:

Parallel Bars → Therapist → No Outside Support

OBSTACLE PLACEMENT:

No Obstacle → Short Obstacle → Diagonally
Placed Obstacle

Agility Ladder Exercise Pattern Examples:

FORWARD/BACKWARD:



Two Footed Hop

Cross Feet

Cross Over Step

(R) Wide Out/Wide In

Skier Drill

LATERAL:



Lateral Crossover



Carioca/Grapevine



Scissor Drill

ROTATIONAL:



90 Rotational



180 in the Air



Bright idea: Have you ever wanted to have your own agility ladder but had no way to purchase one? How about make one! The only supplies you need are: Two- 1x2x8 pieces of wood, One- 50 foot ¼ in braided nylon rope and 24 one inch nails with large heads. Arrange a 16.5 foot length string on both sides and create ladder rungs up the entire length. Nail the ends of the wood to the ropes 18 inches apart. Ta-da! A homemade agility ladder for about \$10.

You may also consider using a tile floor, using tape markings, or simply drawing with chalk along a cemented area. (Be cautious however as these surfaces can be hard on your body if your positioning is not correct.)

**Exercise patterns available online from Agility Ladder Bible at: <http://ausc.clubspaces.com/object.aspx?id=5&o=326435>