PromoteHealth
Physiotherapy & Performance

A confident, informed return to movement and sport

**PATIENT INFORMATION GUIDE • JUMP HEIGHT / VERTICAL JUMP • ADULTS**

# Jump higher: strength, skill, spring

Jump height combines strength, rapid force and technique. Train take-off and landing together. Start with a small amount of practice matched to your ability, then build gradually.

## YOUR JUMP TRAINING PLAN

| | | |
|---|---|---|
| 01 | **BUILD THE FOUNDATION**<br>**Strength & balance** | Use suitable squats, hinges, step-ups and calf work to build leg capacity. Practise stable landings from a small jump before adding height or repeated jumping. |
| 02 | **LEARN THE TAKE-OFF**<br>**Coordinate the jump** | For a standing vertical jump, practise a comfortable dip and a coordinated arm swing. Push through the floor, then land with control. A coach can adapt technique to your sport. |
| 03 | **KEEP REPS SHARP**<br>**Rest & repeat** | Use small sets of deliberate jumps when fresh. Allow recovery between efforts and sets. Stop when height falls, landings become uncontrolled or pain appears. |
| 04 | **BUILD SPECIFICALLY**<br>**Progress the demand** | Develop height and repeated spring gradually. Add running approaches, single-leg work or drop jumps only when ready and coached. Count jumping in matches and other sessions too. |

### A STARTING EXAMPLE

After a warm-up, try 3 sets of 3 low-to-moderate two-leg jumps. Reset between jumps and rest between sets. First prioritise comfortable take-off and a stable landing.

### MEASURE CONSISTENTLY

Use the same surface, footwear and test method when checking progress. Test when recovered. Box height is not jump height: tucking the legs can make a box look more impressive.

### TRAIN SMART / WHEN TO GET ADVICE

**Choose a safe setup:** use a clear, non-slip area with enough headroom. Do not begin with high boxes, weighted jumps or depth jumps from height.

**Manage impact:** allow 2-3 days between demanding jump sessions at first. Reduce the load if tendon, knee or heel symptoms are worse afterwards or the next morning.

**Get help for injury:** a sudden snap, significant swelling or inability to bear weight needs urgent assessment. After surgery or a significant injury, follow a clinician-led return-to-jumping plan.

**INFORMED BY:** NSCA: Plyometric exercises • NSCA: Landing progressions • NSCA: Jump measurement • HPRC: Plyometrics

Disclaimer: For general information only; not a replacement for professional medical advice or an individual rehabilitation plan.

**GET IN TOUCH**

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Physiotherapy in Abingdon | Online support available