



	✓	✓	✓	✓	✓	✓	✓
<b>Cardiovascular</b> Stationary bicycle/Swim, straight kick			✓	✓	✓	✓	✓
Step machine				✓	✓	✓	✓
Running -straight						✓	✓
<b>Proprioception</b> (eg, weight transfers, balance board, mini tramp)			✓	✓	✓	✓	✓
<b>Dynamic stability</b> (eg stepping on/off different surfaces and in all directions)				✓*	✓	✓	✓
<b>Sport specific/agility drills</b> (eg. Shuttle runs, cariocas, figure 8s)					✓*	✓	✓
<b>Plyometrics</b> (eg bounding, hopping, jumping)					✓*	✓	✓
<b>Activities</b>							
Work – sedentary		✓	✓	✓	✓	✓	✓
Work - heavy				✓**	✓**	✓**	✓**
Driving				8w	✓	✓	✓
Full sports							✓

\* progressed within limits of pain, swelling and muscle control. \*\*Dependent on type of employment / sport