

0-2	3-4
<p>Crutches for normal gait pattern</p> <p>Cryo-cuff & Elevation</p> <p>heel hangs with strong quads contraction (+ kneehab)</p> <p>Wall back flat</p> <p>Sahrmann leg slides</p> <p>Hip rotaional control 3 (clam level 1)</p> <p>Wall sits & Sumo wall sits</p> <p>Standing hamstring curl</p> <p>heel raises from neutral</p> <p>Active Range of Movement Ankle</p> <p> Knee</p> <p> Hip</p> <p> Spine</p> <p>Stretches Groin</p> <p> Calf</p> <p> Hip rotators</p> <p> Lumbar spine side flexion & rotaions</p> <p>Hydrotherapy</p>	<p>Cryo-cuff & Elevation</p> <p>heel hangs with strong quads contraction (+ Compex)</p> <p>Sahrmann leg lowers level 1</p> <p>Multifidus arm raises</p> <p>Hip rotational control 3 & 4 (clam 1 & hip abd)</p> <p>Leg press (20-30% BW)</p> <p>Isometric squat at 30° knee flexion</p> <p>Single leg mini squat</p> <p>Bench hamstring bridge</p> <p>Single leg heel raises</p> <p>Single leg balance with arm & leg movements</p> <p>Stretches Groin</p> <p> Calf</p> <p> Hip rotators</p> <p> Lumbar spine side flexion & rotaions</p> <p> Hamstring</p> <p>Bike</p>

Protocol Weeks

5-6		
Cryo-cuff & Elevation		Sahrmann leg lowers lev
heel hangs with strong quads contraction (+ Compex)		Multifidus 3 & 4
Sahrmann leg lowers level 2		4 minute glutes
Multifidus stepping		4 minute planks
4 minute glutes		Isometric single leg pres
Leg press (30- 60% BW)		Squat (0 - 50% BW)
Single leg mini squat		Split squat (30 - 60% BW)
Single leg bench hamstring bridge		High step ups
Standing calf series		Single leg bench hamstr
Single leg balance	At 30° knee flexion	Walking hamstring bridg
	Balance board, bosu ball or air cushion	Standing calf series
	Eyes closed on firm ground	heel pumps leg press (10
Stretches	Groin	Plie heel raises
	Calf	Seated heel raises
	Hip rotators	Single leg mini squat & v
	Lumbar spine side flexion & rotaions	Single leg balance
	Hamstring	
	Quadiceps	
X - trainer & Bike		Stretches
		X - trainer & Bike

7-12	
rel 3 & 4	Sahrmann leg lowers lev
	Multifidus 3 & 4
	4 minute glutes
	4 minute side planks
s (50 - 150% BW)	Isometric single leg pres
/)	Single leg press (50 - 80%
ing bridge	Pistol squat
ge & Hamstring curl	Split Squat (50 - 80% BW
00% BW)	High step ups (0-30% BV
with eyes closed	Lateral loaded T - balanc
At 30° knee flexion + throwing & catching	Falling lunge & Nordic h
T - balance	Standing calf series
leg side & rear raises	heel pumps leg press (1
Balance board, bosu ball or air cushion + throwing & catching	Plie heel raises
Groin	Seated heel raises
Calf	Single leg mini squat & v
Hip rotators	Single leg balance
Lumbar spine side flexion & rotaions	
Hamstring	Stretches
Quadriceps	
	Running
	Ball kicking
	Plyometrics

12-26	
rel 3 & 4	Sahrmann leg lowers lev
	Multifidus 3 & 4
	4 minute glutes
	4 minute side planks
s (150 - 300% BW)	Squat (50 - 200% BW)
% BW)	Single leg press (60 - 150
	Pistol squat
/)	Split Squat (60 - 120% B
V)	High step ups (0 - 60% B
ce	Lateral loaded T - balanc
hamstrings	Falling lunge & Nordic h
	heel pumps leg press (20
50% BW)	Single leg mini squat & v
	Single leg balance
with eyes closed	
At 30° knee flexion + throwing & catching	Stretches
Balance board, bosu ball or air cushion + throwing & catching	
Star excursion	
Ball skills	
Groin	
Calf	
Hip rotators	Running
Lumbar spine side flexion & rotaions	
Hamstring	Ball kicking
Quadriceps	Plyometrics
Treadmill jogging	
Outdoor straight line	
Outdoor weaving	
Cutting & agility drills (i.e. ladders) to start at 16-18 weeks	Sport specific drills
Side foot passing & dribbling skills	
Squat jump	
Hop (distance, zig zag, height & grid)	

27 +

rel 3 & 4

0% BW)

W)

W)

ce

amstrings

00% BW)

with eyes closed

Balance board, bosu ball or air cushion + throwing & catching

Star excursion

Ball skills

Groin

Calf

Hip rotators

Lumbar spine side flexion & rotations

Hamstring

Quadriceps

Shuttle runs & advanced agility drills

Acceleration & Deceleration

Passing with laces - corners - shooting

Hop (distance, zig zag, height & grid)

Box jumps up

Hurdles (series, forward & lateral)

Skipping