

• Treadmill																
• Abduction/adduction gym machine																
• Proprioception: slide side to side																
• Proprioception: arabesque																
• Proprioception: arabesque crossing arms across midline																
• Trampoline										Progress 2 leg to 1 leg to plyometric exercises					On/off plyos	
• Front plank																
• Side plank																
• Leg press												Increase weight				
• Proprioception: one leg on wobble board												Head movements, ball catches				
• Plyometrics												Two legged, start forward, then backwards, then side-side.		1 legged, on & off step		
• Skipping															Stationery & fwd/back	
• Rowing															Only after 16 wks	
• Dead lift																
• Road bike																
• Swimming										No breaststroke						
• Jogging															Straight line only	

Progression for next 3 months

This should include

- Lunges, beginning forward and then progressing into different directions
- Progression of all weights, increase weights, decrease reps, and more explosive power work
- Multirectional plyometric exercises applicable to patient sport including high jumps, combination jumps, varied landing positions including deep squat.
- Progression of all proprioception exercises to include Bosu balls, ladders.

Running progression is

Straight line → track (both ways) → figure of 8's → zig-zags → shuttles (180° turn)

Sports drills to return to competition. (contact sport is usually 9-12 months).