



REHABILITATION GUIDELINES

Edward S. Chang, MD
Inova Orthopaedics
and Sports Medicine

OFFICE LOCATIONS

TUESDAY
8100 Innovation Park
Drive
Fairfax, VA 22031
T 703-970-6464
F 703-970-6465

WEDNESDAY
1005 N. Glebe Rd
Suite 410
Arlington, VA 22201
T 571-414-6940
F 703-970-6465

THURSDAY
FRIDAY (AM only)
6355 Walker Lane
Suite 300
Alexandria, VA 22310
T 703-797-6980
F 703-797-6981

CLINICAL NURSE

Eileen Perri, BSN
(703) 797-6918

AGILITY AND PLYOMETRICS PROGRAM

This program is designed as a guide for clinicians and patients through a progressive return-to-run program. Patients should demonstrate > 80% on a Functional Assessment and started a running program prior to initiating this program (after lower extremity surgery).

PHASE I: ANTERIOR PROGRESSION

Goals:

- Safely recondition the knee
- Provide a logical sequence of progressive drills for pre-sports conditioning

Agility:

- Forward run
- Backward run
- Forward lean in to a run
- Forward run with 3-step deceleration
- Figure 8 run
- Circle run
- Ladder

Plyometrics:

- Shuttle press: Double leg → alternating leg → single leg jumps
- Double leg:
 - Jumps on to a box → jump off of a box → jumps on/off box
 - Forward jumps, forward jump to broad jump
 - Tuck jumps
 - Backward/forward hops over line/cone
- Single leg (these exercises are challenging and should be considered for more advanced athletes):
 - Progressive single leg jump tasks
 - Bounding run
 - Scissor jumps
 - Backward/forward hops over line/cone

Criteria to Progress:

- No increase in pain or swelling
- Pain-free during loading activities
- Demonstrates proper movement patterns



Edward S. Chang, MD
Inova Orthopaedics
and Sports Medicine

OFFICE LOCATIONS

TUESDAY
8100 Innovation Park
Drive
Fairfax, VA 22031
T 703-970-6464
F 703-970-6465

WEDNESDAY
1005 N. Glebe Rd
Suite 410
Arlington, VA 22201
T 571-414-6940
F 703-970-6465

THURSDAY
FRIDAY (AM only)
6355 Walker Lane
Suite 300
Alexandria, VA 22310
T 703-797-6980
F 703-797-6981

CLINICAL NURSE

Eileen Perri, BSN
(703) 797-6918

PHASE II: LATERAL PROGRESSION

Goals:

- Safely recondition the knee
- Provide a logical sequence of progressive drills for the Level 1 sport athlete

Agility (*Continue with Phase 1 interventions):

- Side shuffle
- Carioca
- Crossover steps
- Shuttle run
- Zig-zag run
- Ladder

Plyometrics:

- Double leg:
 - Lateral jumps over line/cone
 - Lateral tuck jumps over cone
- Single leg (these exercises are challenging and should be considered for the more advanced athletes):
 - Lateral jumps over line/cone
 - Lateral jumps with sport cord

Criteria to Progress:

- No increase in pain or swelling
- Pain-free during loading activities
- Demonstrates proper movement patterns

PHASE III: MULTI-PLANAR PROGRESSION

Goals:

- Challenge athlete in preparation for final clearance for return to sport

Agility:

- Box drill
- Star drill
- Side shuffle with hurdles

Plyometrics:

- Box jumps with quick change of direction
- 90 and 180 degree jumps

Criteria to Progress:

- Clearance from MD
- Functional Assessment
 - $\geq 90\%$ contralateral side
- Return to Sport Index