

<b><u>3 – 4 months post-op</u></b>	
<b>Strength Training</b>	Physioball Bilateral Hams Curls: 3 sets of 15 repetitions each leg.
	Air squats: 3 sets 20-25 repetitions
	Single Leg Lunge: 3 sets of 15 repetitions (each leg)
	Step Ups (Forward/Lateral): 3 sets of 15 repetitions (each leg)
<b>Balance</b>	Single Leg Stance / head turn / eyes closed: Start with Balance for 5 seconds – Progress to 15-20 seconds
	Steamboats: 2-3 sets progress to 30 seconds (can be completed for each Leg)
<b>Plyometrics</b>	Double leg line jumps: 3 sets of 20-25 repetitions
<b>Agility</b>	
	Interval Running Program – Consult with your Physician, PT or AT