

<u>4 – 5 months post-op</u>	
Strength Training	Physioball Unilateral Hams Curls: 3 sets of 15 repetitions each leg.
	Sport Cord Deadlifts: 3 sets of 15 repetitions
	Sport Cord Air squats: 3 sets 20-25 repetitions
	Sport Cord Single Leg Lunge: 3 sets of 15 repetitions (each leg)
	Sport Cord Lateral Steps: 3 sets of 15-20 repetitions (each Direction)
	Schlopy Jumps: 3 sets 15 – 20 jumps
Balance	Sport Cord Single Leg Stance Upper Extremity Rotation: 3 sets 15-20 repetitions
	Single Leg Stance on BOSU Ball : Start with Balance 3-5 seconds – Repeat 20-25 repetitions each leg
Plyometrics	Single leg line jumps: 3 sets of 20-25 repetitions (each leg)
	Double leg lateral line jumps: 3 sets of 20-25 repetitions
Agility	T-Drill: 3 sets of 3-5 repetitions
	4 Corners Drill: 3 sets of 3-5 repetitions