

<u>5 - 6 months post-op</u>	
Strength Training	Physioball Hamstring Curls with shoulders on BOSU: 3 sets of 15 repetitions.
	Sport Cord Air squats: Increase sets/reps or time to fatigue
	Sport Cord Single Leg Lunge (Foot up) : 3 sets of 15 repetitions (each leg)
	Sport Cord Lateral Hops: 3 sets of 15-20 repetitions (each direction)
	Schlopy Jumps: 3 sets 20-25 jumps
Balance	Sport Cord Single Leg Stance Upper Extremity Rotation on BOSU: 3 sets 15-20 repetitions – (each leg)
	Single Leg Stance on BOSU Ball (Head Turn/eyes closed): Start with Balance 3-5 seconds – Progress to 20-30 seconds
Plyometrics	
	Single leg lateral line jumps: 3 sets of 20-25 repetitions
	Drop Jumps: 3 sets 8-10 repetitions
	Double Leg Long Jumps: 3 sets 8-10 repetitions
Agility	Zig Zag Drill: 3 sets of 3-5 repetitions
	B Madison Drill: 3 sets of 3-5 repetitions