

<u>6 - 9 months post-op</u>	
Strength Training	Physioball Unilateral Hamstring Curls with shoulders on BOSU: 3 sets of 15 repetitions.
	Sport Cord Air squats on BOSU: 3 Sets 20-25 repetitions
	Sport Cord Single Leg Lunge on BOSU (Foot up) : 3 sets of 15-20 repetitions (each leg)
	Sport Cord Lateral Hops on to BOSU: 3 sets of 15-20 repetitions (each direction)
	Schlopy Jumps: Progress with additional sets or reps. (a good warm up exercise for training)
Balance	Progress as needed with previous exercises: Balance is being incorporated within strengthening exercises
Plyometrics	Single Leg Repeated Hops: Start with 3 sets of 8 Repetitions, progress to 5 sets of 15 repetitions
	180 Degree Drop Jumps: 3 sets 8-10 repetitions
	X-over Hops: Start with 3 sets of 8 Repetitions, progress to 5 sets of 15 repetitions
Agility	Figure Eight Drill: 3-5 sets of 6 repetitions
	Circle Cone Drill: 3-5 sets of 6 repetitions