

## Field Sports Functional Progression

Once you have completed the appropriate phases of rehabilitation it will be possible to begin a functional progression. The functional progression is an ordered sequence of activities which enable you to reacquire the skills necessary for safe and effective return to athletic endeavors.

Begin with step one. If you can do the prior step without pain or limping you may proceed to the next step. It is very important that you perform each exercise correctly and without apprehension. When you have successfully completed each step of the functional progression you may then attempt to return to your sport. You should wear any protective equipment recommended by your physical therapist or athletic trainer.

1. Heel raises on the injured leg - 10 times
2. Walk at fast pace for 50 yards
3. Jump on both legs - 10 times
4. Jump on the injured leg - 10 times
5. Jog straight - 50 yards
6. Jog straight and curves - 2 laps each direction
7. Sprint - 1/2, 3/4, full speed - 40 yards
8. Run figure 8's - 1/2, 3/4, full speed - 15 yard distance
9. Cariocas (cross-overs) 40 yards - both directions
10. Backward run - 40 yards
11. Cutting - 1/2, 3/4, full speed for 40 yards
12. Position drills \_\_\_\_\_

If you have any questions regarding your exercises, please contact your physical therapist at (317) 817-1200 or 1-800-SPORTS-MED

Therapist \_\_\_\_\_ Ext: \_\_\_\_\_

### HOME EXERCISE PROGRAM