

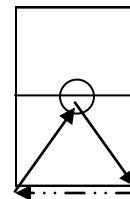
Court Sports Functional Progression

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, 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 the Air-cast, Swedo, knee brace, or tape as instructed by your physical therapist or athletic trainer.

1. Heel raises on the injured leg - 10 times
2. Walk at fast pace full court - 2 times
3. Jumping on both legs - 10 times
4. Jumping on the injured leg - 10 times
5. Jog straight - full court
6. Jog straight and curves - 2 laps each direction
7. Sprint - 1/2, 3/4, full speed - full court
8. Run figure 8's - 1/2, 3/4, full speed - baseline to 1/4 court
9. Triangle drills - sprint baseline to 1/2 court, backward run to baseline, defensive slides along baseline, both directions
10. Cariocas (cross-overs) - 1/2, 3/4, full speed
11. Cutting - 1/2, 3/4, full speed - full court
12. Position drills _____

Triangle 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