

MONTHS 4-6 (1 Treatment)

PATIENT CONTINUES STRENGTHENING EXERCISES PROGRESSING FROM LOW TO MODERATE TO HIGH INTENSITY WEIGHT WITH FUNCTIONAL SPORT SPECIFIC TRAINING EMPHASIZED

- 1) Single Leg Balance on uneven surfaces with ball toss
- 2) Single Leg Perturbations on uneven surfaces
- 3) Lateral Lunges on Foam Pad with resistance and ball toss
- 4) Shuttle Runs (alternating feet hops)
- 5) Jump Rope Alternating Feet
- 6) Skip Lunging
- 7) High Knee Skips
- 8) Butt Kicks
- 9) Running
- 10) Side shuffling/Cariocas
- 11) Zigzags
- 12) 45 Degrees Cutting Drills
- 13) Jumping Jacks
- 14) Sudden Starts and Stops
- 15) Vertical Single Leg Jumps landing on involved leg x 1 (submaximal to maximal)
- 16) Single Leg Forward Hop X 1 (submaximal to maximal)
- 17) Single Leg Forward Hop x 2 (submaximal to maximal)
- 18) Single Leg Forward Hop x 3 (submaximal to maximal)
- 19) Single Leg Forward Hop Distance (10 feet progressing to 20 feet)
- 20) Single Leg Lateral Hop x 1 (submaximal to maximal landing on involved leg both directions)
- 21) Single Leg Lateral Hop x 2 (submaximal to maximal landing on involved leg both directions)
- 22) Single Leg Lateral Hop Timed (10 seconds progressing to 60 seconds both directions)

FINAL FUNCTIONAL KNEE TEST GIVEN @ 6 MONTHS (1 TREATMENT)

Bike 10 minutes for warm-up followed by dynamic stretch of hip swings forward and backward and side to side for 20 reps each.

*The unaffected leg will be tested first followed by the affected leg, except for the side plank to diminish the fatigue factor. No rest will be given between sides for all tests, except for the side plank 2 minutes will be given. Before each test, the tester will give a verbal instruction followed by a demonstration for each test. The patient will be allowed to practice once on each leg before performing the test.

FUNCTIONAL KNEE TEST	<u>INJURED</u>	<u>UNINJURED</u>	<u>I:U RATIO</u>
1. Balance Test on Wii (Points) (Yoga Tree)	___ points	___ points	_____
2. Triple Hop for Distance	___ cm	___ cm	_____
3. Timed Hop for 20 Feet	___ sec	___ sec	_____
4. Lateral Hop in 60 Seconds (Hopping over 15 cm width tape)	___ reps	___ reps	_____
5. Side Plank for Time (Less than 5 degree translation using inclinometer)	___ sec	___ sec	_____
6. 60 Degree Knee Bend Wall Squat (Less than 5 degree translation using inclinometer)	___ sec	___ sec	_____
7. 10-80 Degree Hamstring Curl (5% of body weight using ankle weight in stand with ASIS against wall)	___ reps	___ reps	_____
		AVERAGE:	_____

GOAL: 85% LIMB SYMMETRY