

WEEKS 13-16 (2 Treatments Including Midterm)

- 1) Plyometric Bilateral Leg Press
- 2) Box Jumps Bilaterally (multidirectional)
- 3) Lateral side steps with sports cord (right to left and left to right)
- 4) Lateral Lunges on Foam Pad with resistance
- 5) Jump Rope Bilaterally
- 6) 2-10 Inch Drop Box Jump Progression (To progress from each step height, one must demonstrate a soft land with no genu valgum and no hip internal rotation and adduction.)
- 7) Single Leg Forward Jumps Landing Bilaterally (submaximal to maximal)

MIDTERM FUNCTIONAL KNEE TEST GIVEN (4 Mo.s)

	INJURED	UNINJURED	I:U RATIO
1. 60 DEGREE KNEE BEND	_____ reps	_____ rep	_____
(off an 8 inch step)			
2. ISOMETRIC SINGLE LEG BRIDGE	_____ sec	_____ sec	_____
3. BALANCE TEST ON WII (Points)	_____ points	_____ points	_____
(Yoga Tree)			
4. SINGLE TO DOUBLE LEG LAND	_____ cm	_____ cm	_____
HOP FOR DISTANCE	_____ cm	_____ cm	
	_____ cm	_____ cm	
5. STANDING HAMSTRING CURLS	_____ reps	_____ reps	_____
7. SIDE PLANK FOR TIME	_____ sec	_____ sec	_____
(Less than 5 degree translation using inclinometer)			
		AVERAGE:	_____

☆ When patients have met these above goals with proper form, have no pain, and have at least 75% limb symmetry, they are ready for single leg jumps landing on the involved leg.