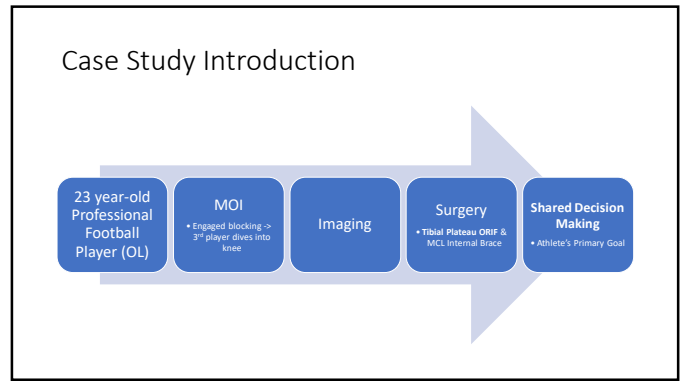
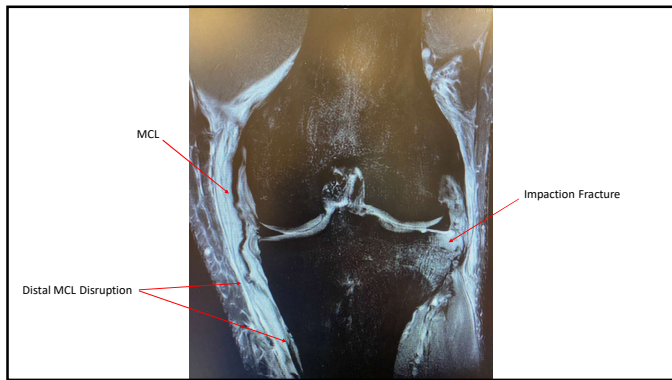




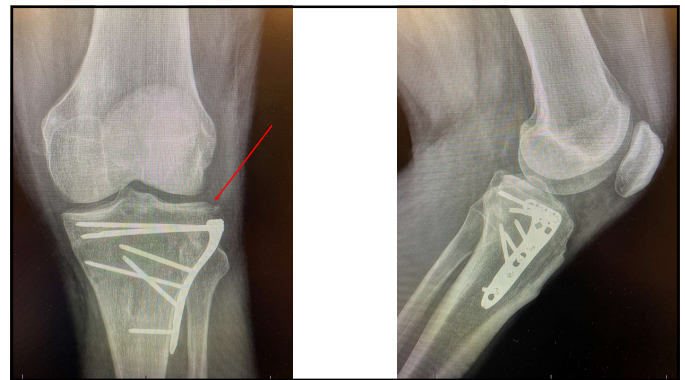
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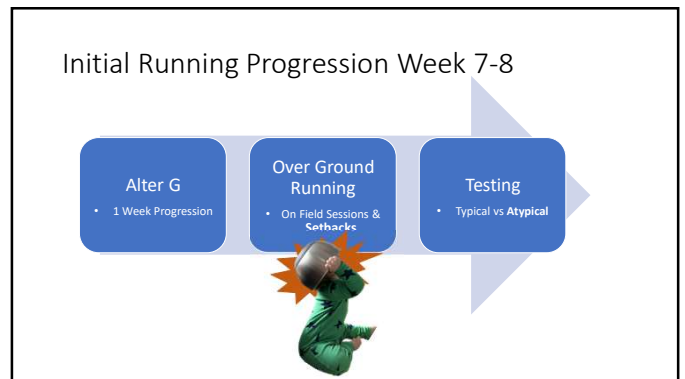
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Soreness Rules

Criterion	Action
1.) Soreness during warm-up that continues	2 days off, drop down 1 step
2.) Soreness during warm-up that goes away	Stay at step that led to soreness
3.) Soreness during warm-up that goes away but redevelops during session	2 days off, drop down 1 step
4.) Soreness the day after lifting (not muscle soreness)	1 day off, do not advance program to next step
5.) No soreness	Advance program 1 step per week or as instructed by healthcare provider


Adapted from University of Delaware Physical Therapy

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Agility Progressions & Drills Week 8




Goals
Progress Activity
Foundation for Sport



Straight Line Running
50's
5 Yard Starts




Plyometric Drills
Snapdowns
Hurdle Hops
Bounding
A Skips




Agility Drills
Box Drills
Continuous Lateral Shuffle
Angle Shuffle
Repeat Decel
5 Forward/2 Backward
5-0-5

8

5-0-5 vs 5-10-5



5-0-5 AGILITY TEST




PRO-AGILITY TEST

- Timing: 8-C-8 only
- Direction tested often designated as plant leg
 - Penultimate step?
- Higher COD Challenge *unilaterally*


- Timing: Entire drill
- Direction tested designated as initial direction & plant leg
 - Will plant off both legs
- Challenges COD *bilaterally*

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"Sport Specific" Progressions & Drills Week 9-10




Demos of Sport
Broad to Specific



Positional Drills
"Pattern Run"
Blocking Sled/Pad
Mirror Dodge
Iso Sled
Simulated Practice Drills



Practice Re-Integration
Limited to Full
Controlled Contact to Live



GPS Monitoring of "Load"
Variables of interest

10

Return to Play – Week 10+

Return to Game Action

- Played 1st half of season finale **10.5 weeks** after surgery
- Played entire playoff game at **12.5 weeks** after surgery

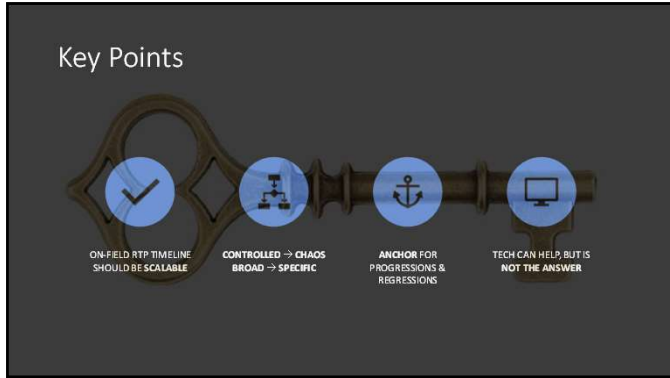
Follow-Up

- Has completed competitive seasons without issue
- Has had internal brace removed

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Citations

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