

Athletic Rehab Institute

FUNCTIONAL PROGRESSION

Walk Program	20 minutes	(Treadmill-Retro (Backwards))
Jog Program	Goal 10-15 minutes (Mix of Retro and Foward)	
Running Program	1. Straight Running 2. 3-5 miles at 7/8 min/mile on track 3. Goal: increase to sprint (Add any equipment once patient can sprint)	

GENERAL AGILITY DRILLS

Recommended for sports such as, basketball, volleyball, racquetball, and soccer.

<u>Drills</u>	<u>Start</u>	<u>Goal</u>
Figure of 8	Full court or 1/2 field 8-10 reps	1/2 court 15-18 reps full speed
Lateral Running	50-60 yds, 10 reps	12-15 reps full speed
Carioca	40-50 yds, 8-10 reps	12-15 reps full speed
Backwards Running	50-60 yds, 1/2 speed, 5-8 reps	12-15 reps full speed
Vertical Jumps	Starting with increased knee flexion demands more from quads.	
Defensive Drills	Side to side, 50 feet, 10 reps	Diagonals, full speed
Lateral Cut	1/2 speed, 10 yds, 8-10 reps	15-20 reps, full speed
Cross-over cuts	1/2 speed, 10 yds, 8-10 reps	15-20 reps, full speed

Reference: Eifert-Mangine, M; Brewster, C; Wong, M; Shields, C; Noyes, F: Patellar Tendonitis in the Recreational Athlete. Orthopedics: 1992; 15: 1359-1367.

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