



Sports Medicine: High School Programs Return to Play: ACL Transitional Program

Program assists athletes returning to athletic activities following ACL reconstructive surgery and post-operative physical therapy. **NOTE:** Requires Orthopedic Surgeon clearance for patient to engage in running and jumping activities.

Program Objectives

- Strengthen and lengthen quads and hamstrings
- Improve jump and landings
- Increase fast twitch muscle strength of legs
- Improve core/trunk strength
- Improve running speed
- Improve athletic agility

Program Focus

- Train out injury causing habits
- Strengthen legs
- Jump and land, training for improved balance and safety
- Learning the three-step cut to decelerate
- Retrain quads and hamstrings to fire at more appropriate ratio to reduce strain on the ACL
- Work with each athlete to decrease ACL demands during activities performed in their primary sport

Program Provides

- Pre and Post Video Analysis Testing of each athlete in vertical jump height and leg press test
- Three times per week, one-hour sessions for six weeks
- Home Exercise Program for “off day” training
- Education on the role of knee anatomy in overall sports activities
- Two additional weeks of Speed and Agility Training (three one-hour sessions per week)

For more information contact:

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