
PHASE III: ADVANCED STRENGTH

LEG PRESS



- Align feet, knees, and hips
- Push through the foot to straighten leg
- Avoid hyperextension of knee
- Progress to single leg when appropriate

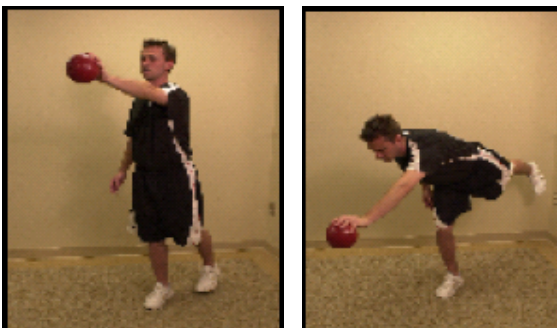
(2-3 sets, 20 reps, 3 times per week)

TUCK SQUAT

- Begin in seated squat position with knees bent at 70°
- Oscillate up and down approximately 2 inches

(2-3 sets to fatigue, 1 time per day, 3 times per week)

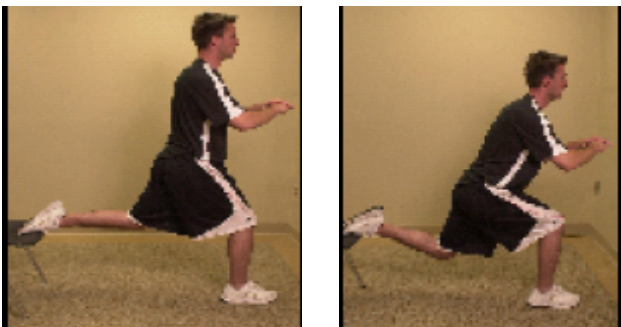
SINGLE LEG DEADLIFT



- Stand on affected leg
- Keeping the back and unaffected leg straight, hinge forward at the hip
- Pull through the glutes and hamstrings to return to the start position

(2 sets, 10 reps, 1 time per day)

BALANCE SQUATS



- Allow toe of uninvolved leg to touch the chair behind
- Squat with involved leg to 70°
- Avoid full extension of leg
- Keep knees behind toes and hips level

(2-3 sets, 20 reps, 3 times per week)

SPORT TEST EXERCISES:

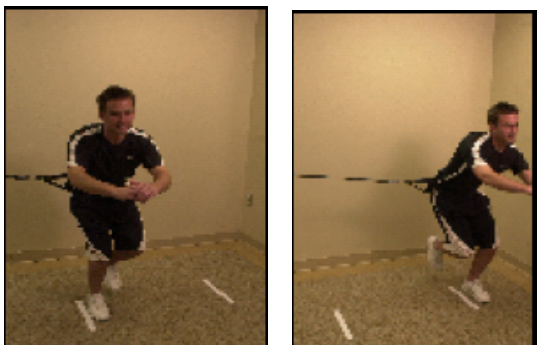
SINGLE KNEE BENDS



- Using sport cord under involved foot, pull resistance cord up to hip
- Bend knee to 60° - 70° keeping hips level and knees behind toes
- One second down, one second up
- Avoid full extension

(1-2 sets, 1-2-3 minutes, 3 times per week)

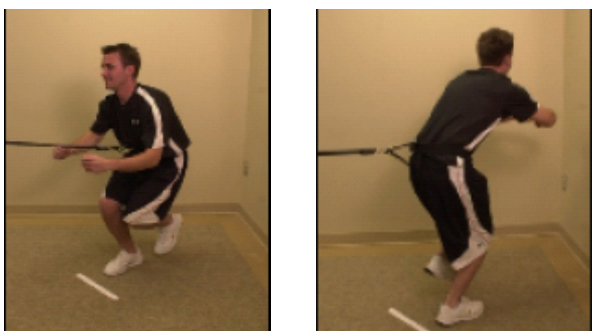
LATERAL AGILITY



- Hop laterally with cord resistance from surgical leg to land momentarily on non-surgical leg, and return to surgical leg with the cord pulling back to the starting position
- Emphasis on absorption by bending at the knee and hip with at least 30° of knee excursion

(2-3 sets, 30-60-90 seconds, 3 times per week)

FORWARD/BACKWARD RUN



- Hop back and forth in place, from non-surgical leg to surgical leg in a “modified” jogging motion
- The cord is attached behind the athlete to provide a force pulling backwards
- Reverse position for backward run
- Emphasis on absorption by bending at the knee and hip with at least 30° of knee excursion

(10 minutes in 1 minute intervals, 3 times per week)



CARDIOVASCULAR EXERCISE:

BIKE WITH BOTH LEGS - RESISTANCE

- Slowly use good leg to facilitate the movement of surgical side
- Increase speed as tolerated
- Begin @ week _____

(1-2 times per day, 5-40 minutes)

AQUA-JOGGING

- Use aqua-jogger vest in deep end of pool
- Avoid feet touching bottom
- Mimic jogging motion using arms and legs

(5-30 minutes)

TREADMILL - WALKING INCLINE

- Incline to 7 - 12°
- Take normal strides and keep your feet quiet

(5-30 minutes)

SWIMMING WITH (SHORT) FINS

- Flutter kick with kickboard as tolerated
- It is ok to kick on back with/without kickboard

(5-30 minutes)

ELLIPTICAL TRAINER

- Ease into training by not fully extending knees
- Increase time and resistance as tolerated

(10-30 minutes)

ROWING

- Ease into rowing by not fully extending knees and not bending past 90°

(10-30 minutes)

STAIR STEPPER

- Begin with a short stepping motion on light resistance
- Use your hands to support some of your weight
- Never let feet come off pedals or let pedals hit bottom
- Always maintain a slight bend in the knees

(10-30 minutes)
