|  |  |  |
| --- | --- | --- |
| ***Lateral movement*** | ***Multidirectional*** | ***Sport/Cardiovascular***  |
| Side hop test\*\* | Agility T - Test\*\* | MRTSS\*\* |
|
| Stationary lateral band  | Lateral + Diagonal walk with band | Power walk/Bike/Swimming/Cross Trainer/water aerobics/kayaking/rowing |
| Progress to Lateral band walk |   | Phase 1.1 10 mins 1.2 20 mins 1.3 30 mins |
|   |   | Phase 1.4 30 mins with 5 x 60s high intensity  |
|   |   | Phase 1.5 30 mins with 5 x 2mins high intensity |
|   |   | Phase 1.6 45 mins with 15 mins high intensity |
| 3 x 15 each side / 3 x 15m | 3 x 15 each side / 3 x 15m | 10 - 20 - 30 minutes every second day |
| PASS = nil response^ and achieved above dosage + functional alignment criteria#2 | PASS = nil response^ + achieved dosage + functional alignment criteria# | PASS = Pass the following 9 tests\* See Tab 3 Return to Running Outcome Measures |
| Lateral step up low - high | Diagonal Step Up low to high | Phase 2.1 Run 15 minutes + 30 mins Phase 1 |
| Lateral step down low - high | Diagonal Step Down low to high | Phase 2.2 Run 20 minutes + 25 mins Phase 1 |
| Add weight  | Add weight  | Phase 2.3 Run 30 minutes + 20 mins Phase 1 |
| Progress speed - quick feet 3 x 20 | Progress speed - quick feet 3 x 20 | Phase 2.4 Run 45 minutes including 10 mins high intensity |
| Lateral bounds 3 x 10 each side | Diagonal forward Bounds 3x 10 each side | Phase 2.5 Run 50 minutes including 20 minutes high intensity |
|   |   | Skills sport specific straight line/light impact  |
| 3 x 20 + 20% BW added weight 40cm step up/down | 3 x 20 + 20% BW added weight 40cm step up/down | As above |
| PASS = nil response^ + achieved dosage + functional alignment criteria# | PASS = nil response^ + achieved dosage + functional alignment criteria# | Complete above + PASS= >95% MRTSS.  |
| "Lateral lunge, slide and touch cone drill" | Diagonal lunge and push back, alternating  | Phase 2.1 Sport 15 minutes + 30 mins Phase 2 |
| Lateral lunge and bounce back  | Forward lunge, push off, change direction and step up | Phase 2.2 Sport 20 minutes + 25 mins Phase 1 |
|   | Eduction re positive shin angle, CoM | Phase 2.3 Sport 30 minutes + 20 mins Phase 1 |
|   |   | Phase 2.4 Sport 45 minutes including 10 mins high intensity running |
|   |   | Phase 2.5 Sport 50 minutes including 15 mins high intensity + 10 minutes low intensity |
| 3 x 10 each side  | 3 x 10 each side | As above  |
| PASS = nil response^ + achieved dosage + functional alignment criteria# | PASS = nil response^ + achieved dosage + functional alignment criteria# | PASS = nil response^ + achieved dosage 2.5 |
| Double leg side to side jumps  | 45 degree turns cones x 5 | Full training up to 1 hour 3 x week (no match play) |
| Increase lateral distance | 90 degree turn cones x 5 | Full training up to 1.5 hour 3 x week (no match play) |
| *Continue 3 x 5 lunge, slide nad touch cone on ACLR* | 180 degree turn cones x 5 | Full training including match play up to 4 x week |
|  | Speed progression 70 - 80 - 90 -100 |   |
| 5 x 30s | x 5 rounds  |   |
| PASS = nil response^ + achieved dosage + functional alignment criteria# | PASS = nil response^ + achieved dosage + functional alignment criteria# | PASS = nil response^ + achieved dosage |
| Single leg hops side to side | Square any direction hops | Match play up to 45 - 60 minutes minutes x 1 week |
| Increase distance  | Shuttles with lying down at each end | Match play full load  |
| Take away UL  | Continue agility drills as above |   |
|   |   |   |
|   |   |   |
| *Continue 3 x 5 lunge, slide nad touch cone on ACLR* |   |   |
| 5 x 5-8 max jumps  |  3 x30s hops, 5 x 30m shuttles |   |
| PASS = >90% LSI Side hop test\* | PASS = nil response^ + achieved dosage + functional alignment criteria# | PASS = nil response^ + achieved dosage |
| "Theraband trunk perturbation quick feet, side hop, return home" | "5 cone agility drill"  |   |
|   | "5 cone agility drill" with partner/copy/chase |   |
|   | Speed progression 70 - 80 - 90 -100 |   |
| 3 x 30s | 5 rounds  |   |
| PASS = nil response^ + achieved dosage + functional alignment criteria# | PASS = nil response^ + achieved dosage + functional alignment criteria# | PASS = |
| "5 point lateral slide drill"  | "5 cone agility drill" with partner/copy/chase |   |
| "5 point lateral slide drill react to partner, finish with sport specific skill | "5 cone agility drill" with skill/finish with skill |   |
| Speed - start 70 - 80 -90 - 100 |   |   |
| 5 rounds each | 5 rounds  |   |
| PASS = nil response^ + achieved dosage + functional alignment criteria# | PASS => 90% LSI Agility T test | PASS = |