Plyometric PROTOCOL

**BACKGROUND:**
- **Five Phases**
  - Each subdivided into parts A (2 legs), then B (1 leg).
- **Progression**
  - 1A to 1B to 2A to 2B, etc Progress only when you feel you have mastered that level.
- **Plyometric Rehab**
  - This progression could and should take you several weeks or months to get through.
  - Don’t be aggressive!
  - If you start having pain, discontinue and wait 2 weeks, then resume.
  - Practice for a few minute each day ONLY!

**PHASES:**

**PHASE 1**
- A: Jump on both legs evenly – starting with low jumps and progressing to higher jumps.
- B: Jump on operated leg only – starting with low jumps and progressing to higher jumps.

**PHASE 2**
- A: Jump on both legs forward/backwards and sideways – gradually increase the distance of jumps.
- B: Jump on operated leg only – gradually increase the distance of the jumps.

**PHASE 3**
- A: Jump onto something with both legs (step, bench, plyobox) – gradually increase the height.
- B: Jump onto something with operated leg only – gradually increasing the height.

**PHASE 4**
- A: Jump down off something with both legs (step, bench, plyobox) – gradually increase the height
- B: Jump down off something with operated leg only – gradually increase the height

**PHASE 5**
- On operated leg only. Hook theraband to a post at knee level. Hold band and pull it in various directions while trying to maintain balance.

**Recommendations**
- Jump and land with control, with feet shoulder width apart.
- Keep knees over your feet, don’t let them collapse in.
- Think about landing light as a feather, this should not be loud.