



## **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.