

Name _____

Date _____

Pre-Rehab Modalities

<input type="checkbox"/> Whirlpool	_____ Minutes
<input type="checkbox"/> Moist Heat pack	_____ Minutes
<input type="checkbox"/> Ice	_____ Minutes
<input type="checkbox"/> E-Stim	as directed
<input type="checkbox"/> Ultrasound	as directed

Stretching

Hamstring
 Facilitated
 Individual
 Quads
 Facilitated
 Individual

Cardio/Warmup

<input type="checkbox"/> Bike	_____ Minutes
<input type="checkbox"/> Treadmill	_____ Minutes

Quad Sets

<input type="checkbox"/> Static		
<input type="checkbox"/> Facilitated	_____ Weight	_____ sets/ reps
<input type="checkbox"/> TKE	_____ Band	_____ sets/ reps

Straight Leg Program

<input type="checkbox"/> Flat	_____ Weight	_____ sets/ reps
<input type="checkbox"/> Elbows	_____ Weight	_____ sets/ reps
<input type="checkbox"/> Arms	_____ Weight	_____ sets/ reps
<input type="checkbox"/> Abduction	_____ Weight	_____ sets/ reps
<input type="checkbox"/> Adduction	_____ Weight	_____ sets/ reps
<input type="checkbox"/> Hip Flex	_____ Weight	_____ sets/ reps

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Straight Leg Program Standing

Athlete may use elastic band or wall pulleys

_____ Hip Flexion	_____ Band	_____ sets/ reps
_____ Hip Extension	_____ Band	_____ sets/ reps
_____ Hip Abduction	_____ Band	_____ sets/ reps
_____ Hip Adduction	_____ Band	_____ sets/ reps

Squats

_____ Wall	_____ Band	_____ sets/ reps
_____ 1/4 Squat	_____ Band	_____ sets/ reps
_____ Half Squat	_____ Band	_____ sets/ reps
_____ Ball Squat	_____ Band	_____ sets/ reps

Functional Exercises

_____ Slide Right	_____ Band	_____ sets/ reps
_____ Slide Left	_____ Band	_____ sets/ reps
_____ Slide Forward	_____ Band	_____ sets/ reps
_____ Slide Back	_____ Band	_____ sets/ reps
_____ Trampoline Stand	_____ Time	_____ sets/ reps
_____ Trampoline Catch	_____ Time	_____ sets/ reps

Agility

Note - Use space/area available

_____ Sprints	_____ sets/ reps
_____ Skipping- each leg	_____ sets/ reps
_____ Bounding- each leg	_____ sets/ reps
_____ Slides- both directions	_____ sets/ reps
_____ Carryovers- both directions	_____ sets/ reps
_____ Box runs- each direction	_____ sets/ reps
_____	_____ sets/ reps
_____	_____ sets/ reps
_____	_____ sets/ reps