Ruu nive Re			Example Exercise Options						
Building Be		Clearance Criteria	1	2	3	4	5	6	7
Deload & Hamstrings	 Develop the hamstrings to control anterior knee translation therefore tendon load Develop the <u>hip</u> for improved knee control (See CORE DEVELOPMENT TOOL) Give the tendon time to become desensitized. Provide therapy to deal with muscle tightness and restricted tissues (fat- pad irritation) 	 No pain on stairs No pain @ Rest Ability activate hamstrings and glutes without aggravating tendon pain 	lsometric Knee Extension 45s x 5r	RDL	Step-Up "Pull-Up"	Tabletop	Reverse Lunge Or "Cybex Leg Press"	CORE DEVELOPMENT Hamstring Abductors Adductors Trunk Shoulders	
Strength & Landing	 Load to the tendon to increase tendon strength. Tendons LOVE Load. Even weight distribution during bilateral movements Introduce lunges Introduce landing principles (Triple Flexion, Land like a cat) <u>Continue</u> to develop the HIPS and Tendon 	 Ability to lunge without pain & compensation Ability to squat without pain & compensation Demonstrate drop squat without pain & compensation Demonstrate drop land without pain & compensation 		Squat	Trap bar Deadlift	Lunges		<u>Bilateral</u> Low Level Drop and Stick (Landing)	Single Leg Calf Raises 30r +
Single Leg Control	 Develop Single Leg Control and strength Increase landing challenge on two legs (higher and faster landings) 	 Ability to perform a single leg squat to depth 3 for 3 sets of 15 reps Ability to perform a hop and stick Ability to perform a countermovement jump 	Spanish Tendon Loading Lateral Single Leg Squat	Single Leg Squat	Bulgarian Squat	Hip Drive	Stairs Hon and	Lovel Dron and	Bilateral Moderate Level Drop and Stick
Ballistic Control	1. Introduce low levels of reactive exercises	Countermovement jump	Stairs - Jumps	Stairs - Hops	Box Jump Box Hop	Ballistic Lunge	Multidirection al Hop and Stick	Drop and Fast Stick	COD with Stick
Ballistic Control II	 Introduce moderate levels of reactive exercises 	 High Momentum Reactive Box Jump Moderate momentum reactive single leg change in direction 	Stairs Hops (MR)	Jumps (MR)	Hop (MR)	Ballistic COD with Low Momentum	COD Single Leg Circuit		
Return to Sport	 Return to practice without restrictions <u>Graduated</u> return to sport Full Return to sport with realization that tendon health and athletic development are a key priority for performance and recovery and regeneration. 	Complete ability to perform without next day pain.							