

AJAX

PHYSICAL THERAPY

PLYOMETRICS

Preparation: Leading up to initiation of formal plyometric jumping, single leg exercises and activities requiring increasing impact and transitioning to and from the affected lower extremity should be performed and progressed.

WEEK 1	Initiate jumping in place
WEEK 2	Progress to jumping forwards and backwards, across a line or onto/off a small step
WEEK 3	Add jumping left and right.
WEEK 4	Progress to multidirectional jumping, diagonals. Progress height of forward, back, left, and right jumping.
WEEKS 5 to 8	Repeat the same progression over the next 4+ weeks with single leg jumping.

Perform plyometrics 5 to 6 days per week using a mixture of the current and completed stages of the progression. Delay progression or reduce volume/intensity if soreness or swelling occurs and lasts beyond the day of exercise.

