



RESTORING FUNCTION ONE PATIENT AT A TIME

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## Plyometrics

- Body weight resistant exercises

## Ballistics

- Utilizing objects to create force production of a muscle

Performed During Late Phase Rehabilitation When :

- 80% strength of injured muscle and 100% strength of surrounding muscles
- At least 90% of range of motion
- Coordination
- Balance

Side Effect

- Soreness
- Fatigue
- Re-Injury

## Progression

- Two Arms / Legs -> One Arm / Leg
- Stable Surface -> Unstable Surface
- Simple -> complex
- Barriers (cones, hurdles, boxes)
- Imitation of sport movement

### Exercise Prescription

- Hour exercise session
- 15-20 Minutes Warm up and Cool Down
- 2-3x per week
- 48-72 hour rest between sessions
- Low intensity exercise = high # repetitions
- High intensity exercise = low # repetitions

Reasons to **not** perform Plyometrics / Ballistic Training

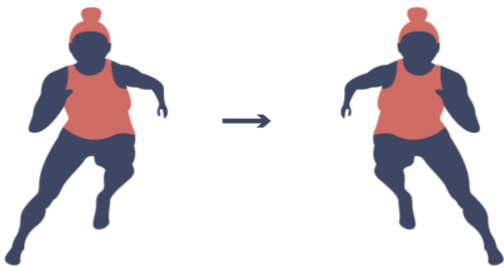
- Recent injury
- Recent swelling
- Recent surgery
- Instability of joint



Medicine Ball Toss

1. Begin standing perpendicular to a wall
2. Hold a weighted medicine ball with two hands
3. Twist away from the wall to build momentum
4. Forcefully twist and throw the ball towards the wall
5. Repeat

Perform 2x10



Side to Side Leaping

1. Begin on left or right foot
2. Jump side to side switching feet in between jumps
3. Repeat
4. Perform 3x10



Alternating Toe Taps

1. Begin with one leg on the ground and the other leg on a raised platform
2. With a small but forceful hop, simultaneously switch the leg on the **floor onto the raised platform** as you switch the opposite leg on the **raised platform onto the floor**
3. Repeat at a rapid pace
4. Perform 4x10



Push Up

1. Begin in push up position
2. Slowly lower upper body towards the ground
3. Complete the pushup enough force so hands are briefly off the ground
4. Repeat
5. Perform 2x10

If you have any **pain or issues**, **STOP** immediately and call your physical therapist