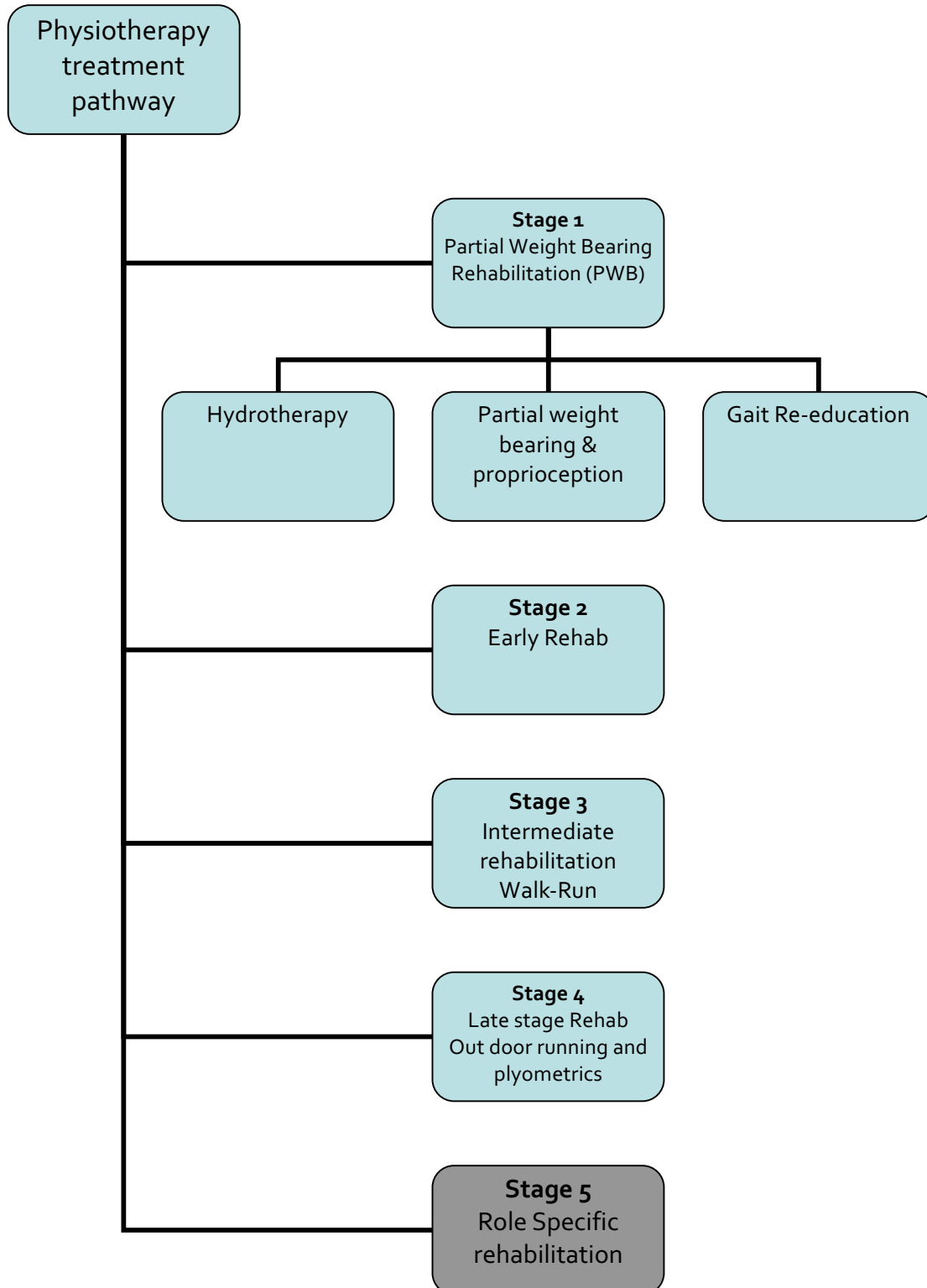


Ankle Rehabilitation



Stage 5 Role specific Rehabilitation

<input type="checkbox"/> Outdoor running programme level 5 – 15
<input type="checkbox"/> Strength programme
Plyometric progressions
<input type="checkbox"/> High intensity

Box 3: Outdoor Running Programme (ORP)




Stage	Distance (miles)	Trainers / boots	weight
5	3	Boots	No weight, Walk - Run
6	3	Trainers	Fahrtlek
7	4	Trainers	Hill route
8	4	Boots	No weight, Walk-Run (40 minutes)
9	5	Trainers	No weight
10	8	Boots	No weight
11	6	Trainers	No weight
12	4	Trainers	Fahrtlek
13	8	Boots	50% CFT weight, Walk – Run
14	4	Boots	10 lbs, Walk - Run
15	8	Boots	Full CFT weight

STRENGTH

Exercise	Description
	<i>5 sets of 5 reps (unless otherwise stated)</i>
Step up / down:	<ul style="list-style-type: none"> ▪ With speed, also with dumbbells in hands. (5 x 1 minute)
Squats:	<ul style="list-style-type: none"> ▪ Squat jumps (Light dumbbells)
Lunge:	<ul style="list-style-type: none"> ▪ Lunge walk programme (See below)
Calf strength:	<ul style="list-style-type: none"> ▪ Dumbbell push press single leg – if you find it difficult to balance you can place your non exercising leg on a bench in front of you. ▪ Dead lifts with heel raise (Heavy resistance).

PLYOMETRIC

Performance preparation – fast feet drills

<p><u>1. Zigzag Hops</u></p> <ol style="list-style-type: none"> 1. Stand to the left of an agility ladder or similar object approximately 1-2 feet away. 2. Forcefully push off both feet and land the on the other side of the ladder. 3. Repeat and land feet back on the other side, continue repeating and so on down the ladder. 4. Do not "double hop" upon each landing and keep ground contact time to a minimum. 	
<p><u>2. Single Leg Tuck Jump</u></p> <p>This is the same as the tuck jump exercise above only one leg is used. Upon landing another jump is performed immediately with minimal ground contact time and with the same leg for the desired number of repetitions. This is repeated for the other leg after a rest period. Single leg plyometric exercises are typically more advanced and require greater strength and balance. They are suitable for sports were a takeoff is completed on one leg.</p>	<p>(No picture)</p>
<p><u>3. Single Leg Lateral Hops</u></p> <ol style="list-style-type: none"> 1. Start by standing on one leg with your hands on your waist or at your sides. 2. Proceed to hop to the side while maintaining your balance and hop back to the starting position. 3. You can place a rope on the ground or any object on the ground. The object can be small in size and height or large to increase difficulty. 4. Repeat continuously. 	
<p><u>4. Depth Jumps</u></p> <ol style="list-style-type: none"> 1. Stand on box with toes close to edge, feet shoulder width apart. 2. Step off (do not jump off) box and land on both feet. Immediately jump up as high as possible and reach up with both hands towards. The jump should be vertical with no horizontal movement. 4. Ground contact time should be short unlike in the diagram. Landing should be soft. Note: Start with a box height of 30cm (12in). Intensity can be increased by gradually increasing the box height to a maximum of 107cm (42in) but this is only for experienced athletes with a substantial strength training background. 	

Lunge walk programme

Length of gym, heavy dumbbells (one in each hand) lunge walk the length of the gym, place the dumbbells down with correct lifting technique), rest 30 seconds and repeat x 10 lengths. Progress by increasing weight and number of lengths performed.

Weekly plan

	Physiotherapy	Proprioception	Cardiovascular	Swim / strength
Stage 5	N/A	Stage 5 Advanced ankle rehabilitation (Outdoor running programme) Plyometrics x 2 per week	Non impacting cardiovascular training on non running days.	Stage 5 strength training x2 per week

Check list

- ✓ Have you completed level 4 on the Outdoor running programme, triple hop test = (90 % LSI) and Fig 8 test or 'T' test ?
- ✓ Do you understand how to progress through the ORP?
- ✓ Do you have a copy of the high impact plyometric training?
- ✓ Do you understand your goals?