

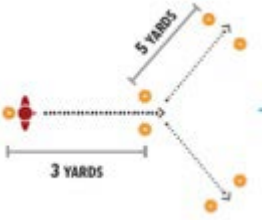
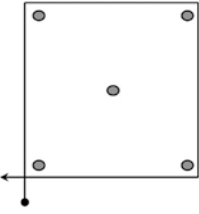
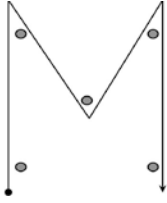
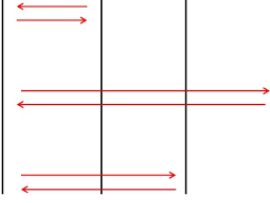


TASK 8: Sport Specific/Cardiovascular^		Description of Exercise	Physiotherapy Log
Phase 1	<b>Non-impact cross training</b>	Walking Bike Swimming Cross Trainer Deep water jogging Rowing  PLUS Non-impact Sport Specific Skills	Session ( ): Date: Phase + Dosage:  Session ( ): Date: Phase + Dosage:
	Phase 1.1 10 mins		
	Phase 1.2 20 mins		
	Phase 1.3 30 mins		
	Phase 1.4 30 mins (inc 5x60s high intensity, 90s rest)		
	Phase 1.5 30 mins (inc 5x2mins high intensity, 120s rest)		
	Phase 1.6 45 mins with 15 mins high intensity		
Progress to Phase 2*	Return to Running Outcome Measures (See section 4.6)		
Phase 2*	<b>Running + Agility Program</b>	Note: distance/time can be catered to individual needs/sport At least one rest day between sessions  <b>Running progressions:</b> 1. Walk: jog (5:1, 4:2, 3:3, 2:4, 1:5) 2. Continuous  <b>High intensity progressions</b> Total time (10-20 minutes) can be made up of: 1. Straight line efforts 2. Straight line acceleration/deceleration 3. Agility program (example attached)	Session ( ): Date: Phase + Dosage:  Session ( ): Date: Phase + Dosage:
	Phase 2.1 Run 15 minutes + 30 mins Phase 1		
	Phase 2.2 Run 20 minutes + 25 mins Phase 1		
	Phase 2.3 Run 30 minutes + 20 mins Phase 1		
	Phase 2.4 Run 45 minutes inc 10 mins high intensity/agility		
	Phase 2.5 Run 50 minutes inc 20 mins high intensity/agility		
Progress to Phase 3*	>90% Return to Sport Score		
Phase 3	<b>Non-Contact Training</b>	<i>Straight line efforts</i> Moderate speed i.e. 14 – 16km/hr or 75% High speed i.e. 16 – 20km/hr or 80-90% Sprint i.e. 20-23km/hr or 100%  Progress through levels Once completed 2 sessions at 100%move to next level. (120s rest btw sets)  Level 1: 2 x 200m on 90 secs, Repeat x 2 sets Level 2: 3 x 200m on 90 secs, Repeat x 2 sets Level 3: 3 x 200m, on 90 secs, Repeat x 3 sets  <i>Acceleration/Deceleration:</i> As above with 2 x 40m spurts of 100% (accel at cone, decel at cone)  <input type="checkbox"/> <input type="checkbox"/> 40m 100% <input type="checkbox"/> <input type="checkbox"/> 40m 100% <input type="checkbox"/> <input type="checkbox"/> 200m	Session ( ): Date: Phase + Dosage:  Session ( ): Date: Phase + Dosage:
	Phase 3.1 Sport 15 minutes + 30 mins Phase 2 running		
	Phase 3.2 Sport 20 minutes + 25 mins Phase 2 running		
	Phase 3.3 Sport 30 minutes + 20 mins Phase 2 running		
	Phase 3.4 Sport 45 minutes including 15 mins high intensity running /agility		
	Phase 3.5 Sport 50 minutes including 20 mins high intensity running + 10 minutes low intensity running		
Progress to Phase 4*	>95% RETURN TO SPORT SCORE		
Phase 4	<b>Full training</b>	Level 4: Complete Level 3, then 2 x 200m on 90secs with accel/decel, x 2 sets Level 5: Complete Level 3, then 3 x 300m, on 90secs with accel/decel, x 2 sets Level 6: Complete Level 3, then 3 x 300m, on 90secs with accel/decel, x 3 sets Level 7: Complete as above, but with backpedal x 2 (3 <sup>rd</sup> cone to 2 <sup>nd</sup> cone, then 5 <sup>th</sup> to 4 <sup>th</sup> ) (120s rest btw sets)	Session ( ): Date: Phase + Dosage:
	Full training up to 1 hour 3 x week (no match play)		
	Full training up to 1.5 hour 3 x week (no match play)		
	Full training including match play up to 4 x week		
Progress to Phase 5*	Dosage, nil adverse effects		
Phase 5	<b>Return to match play</b>	<b>Agility</b> - See attached section: Note must have completed straight-line accel/decel Level 4 before can start 70% agility runs.	Session ( ): Date: Phase + Dosage:
	Match play 45-60 minutes x 1 week		
	Full match load 60 minutes + 1 x week		
	Monitor for adverse effects		

\*Pass once completed set dosage + correct technique/functional alignment/area of fatigue, nil response of pain (<2/10) or swelling.

**ON PHYSITRACK – add the type of CVS exercise i.e. bike or running then add manually what running etc they are doing**

## AGILITY PROGRAM

Distance can be varied according to individual sport/fitness level

Drill	Angle Progressions	Speed % Max	Dosage
Phase 1 	45 degrees	70 80 90 100	3 X 5 3 X 4 3 X 3 3 X 2
Phase 2 	90 degrees	70 80 90 100	3 X 5 3 X 4 3 X 3 3 X 2  +/- 2 x 2 minutes skipping/ladder
Phase 3 	135 degrees	70 80 90 100	3 X 5 3 X 4 3 X 3 3 X 2  +/- 2 x 2 minutes skipping/ladder
Phase 4 	180 degrees	70 80 90 100	3 X 5 3 X 4 3 X 3 3 X 2  +/- 2 x 2 minutes skipping/ladder
Phase 5 <ul style="list-style-type: none"> <li>- Walking grapevine 20m</li> <li>- Increased speed grapevine 20m</li> <li>- "S" bends</li> <li>- Run backwards 10m, turn and go R or L (anticipated – unanticipated)</li> </ul>	Pivoting/twisting	70 80 90 100	X 6
Phase 6  	Multidirectional & unanticipated <ul style="list-style-type: none"> <li>- Reaction ball Partner mirroring</li> <li>- Partner skill work non contact i.e. basketball defensive slides against ball carrier</li> <li>- Partner skill work contact i.e. basketball boxing out</li> </ul>	70 80 90 100	10 - 20 minutes  Integrate into individual skill and partner drills