



# Mid-America Orthopedics

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## **MAO PLYOMETRIC PROGRESSION**

### **Phase I**

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\* Begin at the point you start running

Do 15x or for 30 seconds with 45 seconds rest between sets

- Jump up and down
- Ladder drills
- Single leg cone reach (stand on right leg-touch each cone with hand)
- Step and sticks
- Squat jump
- Jump up-turn 180-land-repeat

### **Phase II**

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- Broad jump
- Jump onto block-jump off-jump turn 180-jump hold landing
- Bilateral cone hop stick
- Bilateral cone hop
- Lateral cone hop
- Runners pose
- 3 single leg hops-hold
- Single hop stick over cone
- Single hop over cone

Give also as HEP in conjunction with running program. Progress based off achievement. DO NOT begin until patient has achieved shock-absorbing strength.

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.