

REHABILITATION SCHEDULE- HAMSTRINGS/ QUADS/ CALF

PRIORITY- 40 YARD ROLLING START- 5 YARD WARM UP FOR COMPARISON

REHAB STRUCTURE

All progressions based on pain free.

Stage 1- Pain free to stretch and massage

Stage 2- Jog at 30% of timed run (approx.) for 4 laps.

Stage 3- Stretch and rubber band strengthen- manual resistance

Stage 4- Pool workout

Stage 5- Jog at 40% - 8 laps.

Stage 6- Stretch and rubber band workout- manual resistance

Stage 7- Pool.

Stage 8- Jog at 50%- 12 laps. Shuttles approx. 20m.

Stage 9- Stretch and rubber band workout- manual resistance.

Stage 10- Pool.

Stage 11- Jog at 60%- 14 laps. Shuttles

Stage 12- Stretch and leg weights workout- manual resistance.

Stage 13- Pool.

Stage 14- Fartlek at 70%- 15 laps- 10 yard kicking.

Stage 15- Weights/ stretch- manual resistance

Stage 16- Pool.

Stage 17- Fartlek at 80%- 15 laps –mobile 20-30 yard kicks

Stage 18- Pool- weights/ stretch- manual resistance.

Stage 19- 90% fartlek- mobile 30-40 yard kick.

Stage 20- Pool/ weights/ stretch- manual resistance

Stage 21- 100% fartlek- mobile 50 yard kicks.

SOFT TISSUE INJURY REHABILITATION

Stage 1: Diagnosis

Muscle tear? Grade?

Referred pain/ spasm/ tightness?

Mechanism of injury :*kicking* across body or straight
 active (kicking) or support leg
 stationary or running (speed?)

 :*running* acceleration
 deceleration
 constant (speed?)

other factors :*conditions?* Time (when?) outside force?
 History (recent; long term)

	Day/ Date(s)
<p>Stage 2 : Initial rehabilitation A: Acute treatment: R.I.C.E.R. B. Physiotherapeutic/ massage/ technology C. Other training mode/s and method/s</p>	
<p>Stage 3: Progressive running program A. Walking painfree >>>> walk 2, 4 laps (6, 8 if can't jog) B. Intro jog eg. 2x 10m, 2x 20m, 2x 50m, 2x 100m or 10 x 50m, 2x 200m C. Jog 2 laps continuous D. Fartlek/ Strides introduction (markers at 0, 50 and 100m) i.) 0% > 40% > 0% ii.) 0% > 50% > 0% iii.) 0% > 60% > 0% iv.) 0% > 70% > 0%</p> <ul style="list-style-type: none"> • gradual/ uniform acceleration and deceleration • 1 or 2 efforts of each i.) to iv.) dependant upon progress 	
<p>Stage 4: Progressive Striding Program (markers over 100m at 0, 5, 10, 15, 20-40-60-80, 85, 90, 95, 100m) i.) At 70-75% or approx 3.2 secs for 20m (between 40 and 60m) with 40>35>30>25>20m lead in acceleration and same deceleration ii.) If needed,, progressive efforts over 50m to approx 90% (x 4-8) iii.) At 90-95% or approx 2.4-2.6 secs for 20m (between 40 and 60m) with 40> 35> 30> 25> 20m lead in</p>	

acceleration and same deceleration.	
<p>Notes:</p> <ul style="list-style-type: none"> A. To be implemented daily in early phases, using alternate CV conditioning B. Implemented every second day in later phases (Stage 4 iii), alternated with lower intensity volume running and/ or other CV conditioning (run egs. 6-8x 400m; 3x 4- 800m; 3x 1200m at varied speeds) C. Implementation of general and (injury) specific strength and conditioning to be monitored and implemented accordingly D. Fitness Testing. See Mechanism Specific Assesment E. Progress according to : <ul style="list-style-type: none"> • history of player • therapeutic and functional progress • assess progress on ‘noticeable change’ in sensation/ feel in muscle 	