

PHASE	OVERARCHING CONCEPTS	GOALS	EXAMPLE EXERCISES
I - EARLY	Return to normal function and early perturbations	Symptom relief Return of full AROM Restoring normal functional movement patterns: normal gait, cycling Return of normal balance/proprioception Basic strengthening 2 and 1 legged exercises as able	<ul style="list-style-type: none"> • Squat • Leg Pres • Hamstring curl • Knee extensions • Hamstring bridging • Single leg squat
II - MIDDLE	Dynamic perturbation and light sport-specific	Progression of functional exercises Advanced 2 and 1 legged exercises Return to jogging/running/sprinting	<ul style="list-style-type: none"> • Stationary plyometrics • Landing • Hop-hold • Lateral and forward hopping • Bounding
III - LATE	Sport specific activities	Return to sport Psychological readiness	<ul style="list-style-type: none"> • Power based exercises • Agility drills • Sport-specific drills