



Orthopaedic Surgery
& Sports Medicine

GYM Rehabilitation Program

Cardio/endurance work:

- **Stationary bike or stepper/elliptical** trainer may be used. If you have not previously performed these activities, start with a 15 minute workout at a slow comfortable pace. If you do not have swelling or pain w/ this, gradually increase time/ intensity in subsequent workouts.
- **Retrograde treadmill** allows increased quadriceps and hamstring recruitment, and is a proprioceptive tool. It can also be used as a cool down following forward treadmill activities. Start with slower speed (1-2 miles/hr) and use a treadmill with a sidebar for safety (but don't hold on unless you need it). Start with about 5 min. duration.
- **Walk/jog progression** at 10 weeks, starting with a ½-mile walk, ½-mile jog and ½-mile walk (1 ½-miles all together). Start on a level surface or treadmill with slower speed/longer duration. Progression includes increasing jog distance by ½-mile at time. Once you can jog 2 miles without swelling or pain, you may progress to ½-speed straight ahead running and/or adding inclines.

Calisthenics/lifting:

- **Leg press** – lower weight and high reps (shoot for 2 sets of 10-15)
- **Hamstring curl**
- **Squats** – Can be done holding dumbbells or bar. Make sure you've been instructed in proper technique. 2-3 sets of 10. Avoid knee flexion past 90 degrees.
- **Lunges** – Can be done holding dumbbells or bar (2 sets, 10-15). If there is enough room in the gym reciprocal lunges moving forward and backward may be performed (at least 20 reps each side).
- **Step down/single leg squat** – 2 sets, 15 reps. Progress by adding height to step.
- **Swiss ball activities** – bridge, double and single leg shoulder bridge, leg lift, hamstring curl.

Agility:

- **Circuit Drills** – 10 activities (ladder drills, hopping activities, carioca, etc) for 20-30 sec. followed by 10 sec. break. Complete 2 cycles of each (can take a longer break between sets as needed).
- **Challenges** – depending on what equipment is available in the gym, the exercises above can be made more challenging.
 - Sportcord or cable system: shuttle walk/runs and lunges in all directions; runs around cones
 - BOSU or balance board: can do forward step ups, lunges (forward and side stepping onto BOSU, back starting on top of BOSU w/ both feet and stepping off backward), squats standing on platform side, stride crossover
- **Lunge series** – can add UE work to lunges holding small dumbbells and doing bicep curls, tricep overhead lifts, forward adduction, trunk rotation (hands together, rotating side to side while stabilizing in lunge position), running man.

The exercises above are separated into categories. You may choose to focus on a specific category on alternating days or mix the groups to include components of all 3 categories in each workout.

Back page illustrates an example of a weekly routine.

Weekly workout

<p><u>Monday: Cardio</u></p> <ul style="list-style-type: none"> • Bike: 15 minutes • Retrograde treadmill walking: 5 minutes • Elliptical: 15 minutes • Retrograde stair climber: 5 minutes 	<p><u>Thursday: Cardio</u></p> <ul style="list-style-type: none"> • Bike: 15 minutes • Retrograde treadmill walking: 5 minutes • Elliptical: 15 minutes • Retrograde stair climber: 5 minutes
<p><u>Tuesday: Calisthenics/lifting</u></p> <ul style="list-style-type: none"> • Leg Press: 2 sets of 10-15 • Hamstring curl: 2 sets of 10-15 • Squats: 3 sets of 10 (Avoid knee flexion past 90 degrees) • Lunges: 2 sets of 10-15 • Step down/single leg squat: 2 sets of 15 reps • Swiss ball activities: bridge, double and single leg shoulder bridge, leg lift, hamstring curl 3 sets of 10 	<p><u>Friday: Lifting/cardio</u></p> <ul style="list-style-type: none"> • Bike or elliptical: 15 minutes • Leg Press: 2 sets of 10-15 • Hamstring curl: 2 sets of 10-15 • Retrograde stair climber: 5 minutes • BOSU or balance board: <ul style="list-style-type: none"> ○ forward step ups: 3 sets of 10 ○ lunges: 2 sets of 10-15 • Step down/single leg squat: 2 sets of 15 reps • Retrograde treadmill walking: 5 minutes
<p><u>Wednesday: Agility</u></p> <ul style="list-style-type: none"> • Circuit drills: 10 activities for 20-30 sec./10 sec. break. Complete 2 cycles of each • Sportcord or cable system: <ul style="list-style-type: none"> ○ shuttle walk/runs: 2 sets of 10-15 ○ lunges in all directions: 2 sets of 10-15 • BOSU or balance board: <ul style="list-style-type: none"> ○ forward step ups: 3 sets of 10 ○ lunges: 2 sets of 10-15 • Lunge series: with medicine ball and trunk rotation 2 set of 10-15 	

Please call **859-323-5533** with questions or for more information.