

Criteria to Start Running

- 15 minutes of fast treadmill walking
- 1 repetition maximum on the leg press $\geq 70\%$
- 10 single leg squats in sagittal plane to 45° flexion
- 30 step and holds
- MD Clearance

10 Single Leg Squats

Leg Press

QUANTUM™ and a
"1/2" (12.5mm) DIAMETER
AND FINISH TO THE SURFACE.

Step and Holds

Criteria to Start Agility Drills

- MD clearance
- Tolerate 1 mile of treadmill running
- 1-RM on leg press $\geq 85\%$
- 10 single leg squats with $\geq 75\%$ external weight to 45° flexion

(DUMBBELLS)

Criteria to Start Jumping

- MD clearance
- 10-RM on leg press $\geq 85\%$ vs. uninvolved
- 10 single leg squats with $\geq 85\%$ external weight vs. uninvolved to 60° flexion
- Tolerate 1-2 miles of track or road running
- No compensation patterns displayed with agility training at near 100% speed