

NRH Rehabilitation Network

PT Plyometric Training Protocol Flowsheet 2015

Patient Name:
Date of Birth:
MR#:

Diagnosis: _____ Date of Injury/Surgery: _____

Date:						
Initials:						

Pre-Plyometric Technique Training							
Treatment Code	Exercise						
	Ankle Bounces						
	Alternating Leg Hops Forward / Back						
	Alternating Leg Hops Side / Side						
	Skipping						
	Double Leg Hop Forward / Back						
	Double Leg Hop Side / Side						
	Mini Squat Jump						
	Single Leg Vertical Jump						
Phase I Plyometric Training <u>Note:</u> Begin around 80 total foot contacts, up to 120 total contacts.							
Treatment Code	Exercise						
	Double Leg Target Jumps						
	Ball or Bench Taps						
	Scissor Jumps						
	Double Leg Zig-Zag Hops						
	Box Jump Up/Down						
	Single Leg Hops Forward / Back						
	Single Leg Hops Side / Side						
Phase II Plyometric Training <u>Note:</u> Begin at 100-120 total foot contacts, progress up to 140 total contacts.							
Treatment Code	Exercise						
	Sport Specific Jumping (rebounds)						
	Power Skips						
	Single Leg Target Jumps						
	Single Leg Zig-Zag Hops						
	Depth Jumps onto Box						
	Rotational Jumps 90° double leg						
	Rotational Jumps 90° single leg						
	Rotational Jumps 180° double leg						
	Rotational Jumps 180° single leg						
	Tuck Jump						
	Total Foot Contacts:						

TREATMENT CODE KEY: TA = Therapeutic Activity TE= Therapeutic Exercise NMR= Neuromuscular Re-education
GT= Gait Training * = Group Procedure

Please visit medstarsportsmedicine.org keyword search "plyometric" for video instruction on these exercises

Therapist Signature / Initials

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