

## **Progression of Basketball Specific Activity Post Arthroscopic ACL Reconstruction**

- All advances in progression dependent on asymptomatic involved knee and athlete's confidence level.
- Approximately 6 months post op athlete should have basic strength and endurance of lower extremity as well as general agility.
- If pain or swelling develops- back off activity
- Alternate basketball activity days with non-impact cross training or non-impact form shooting/ball handling/proprioceptive exercises.

### **Phase 1 (approx 1 -2 weeks) begin around 6 months depending on strength and proprioception**

Jump shots with a passer - at 5 spots, 10 at each spot. Add 5 more each day up to 100 shots/day

Non-contact drills w/o defensive component

Ex: "Dummy offense" – offensive review without defense component going half speed progressing to full speed.

Offensive movement to get open- cutting to get open and receive pass

Court conditioning- court running, defensive slides, basketball specific agility

### **Phase 2 (approx 1-2 weeks)**

Non- contact drill w/o defensive component at faster speed with progressing increased reps/time

Any type of individual shooting drill without defense

Ex: Pull up jump shots- dribble, pull up shoot at 3 spots going right and left, 5 at each spot each direction

Lay ups- right, left, and center. Start from 3 pt line repeat 10 at each position with 50-75% of full speed. Progress to full speed, progress to half court starting position.

### **Phase 3 (approx 1 -2 weeks)**

Controlled contact drills - 1 v. 1 with progressing rep/time limit

Ex: offensive movement with a defender 1 v 1

Shooting drills with defender, 1 v 1

“live” defensive drills with progressing rep/time limit

### **Phase 4 (approx 1-2 weeks)**

Full contact drills 2 v 2 up to 5 v 5- rebounding/box out

2 v 2 progressing up to 5 v 5 half court only, progressing rep/time limit

### **Phase 5**

“live” play half court 5 v 5 progress to full court with progressing rep/time limit