



DEPARTMENT OF ORTHOPAEDIC SURGERY
SPORTS MEDICINE
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BASKETBALL PROGRESSION AFTER FAI SURGERY

Phase I & II (out of 4)

Jogging- running every other day.
Mon- Wed- Fri-Sun- Tu- Thur- Sat.

Monday

use of Football practice field
200m jog -200m walk x 3 times
400m jog. - 400 m walk X 2 times
Running gait training
Hip and core training

Wednesday

Same as Monday

Friday-

At Football field or 400m Track
400 m jog - 200 m walk X 3 times
30yd fast pace run (at Football field)
8 x 2 sets (7-8 seconds pace)
Gait training
Hip and core training

Sunday

Same as Friday

Actually, one week after the running progression, we usually begin running on the court.

Tuesday

30yd fast pace jog
8 x 2 sets (7-8 seconds pace)

30 yd (6-6.5sec)
10 x 1 set

Gait training

Hip and core training

Thursday

Same as Tuesday

Saturday

30 yd
1 x 4 (6 sec)
1 x 4 (5.5sec) X 2 sets
2 x 4 (5 sec)



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Diagonal Z pattern jogging
Vertical jumps - lands and runs
Diagonal jog- spin turns.
Lateral walks
Hip and Core training.

Phase III- you begin to running everyday while begin to play 1-on-1 offense every other days, then, progress to play defense.

Once you start play defense, you should start play 5-on-0.

Phase IV- runs-sprints daily, 5-on-0 full speed, 5-on-5 as tolerate.