

# 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 Note: 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 Note: 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						
	<b>Total Foot Contacts:</b>						

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

Please visit [medstarsportsmedicine.org](http://medstarsportsmedicine.org) keyword search "plyometric" for video instruction on these exercises

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Therapist Signature / Initials

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Therapist Signature / Initials