

## RETURN TO SPORT PROGRESSION: BASKETBALL UE

The athlete must pass all functional tests and/or be cleared by sports medicine medical provider before beginning Return to Basketball Protocol. Recommend pursuing Transitional Therapy for return to sport activities during this phase. Transitional Therapy is a strength and conditioning program that is led by medical professionals with a sports medicine background with the goal of transitioning from therapy back to sport. The athlete may progress through the phases as tolerated. Cross-training can be performed on off days. (Cross training can be done by performing non sport specific activities i.e. biking, yoga, and/or PT home exercises, see attached instructions). The home exercises and training activities in each phase are a comprehensive guideline, it is not necessary to complete every activity and/or exercise on the day you are training. The athlete should pick 1-2 activities or exercises per section to avoid over training. Each phase should be performed 2-3 times with one day rest between each session, the athlete should progress to the next phase once he/she is able to complete the current phase without pain, swelling, decreased range of motion or difficulty. If the athlete experiences pain, swelling, decreased range of motion or difficulty during a phase, he/she should take a day off and go back to the prior phase where they were not experiencing pain and or difficulty completing activities. Do not keep moving through phases if you are having pain or difficulty. Seek medical attention if necessary. The athlete should ice the affected area for 15-20 minutes following the activity.

	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5
Warm up, stretching, PT exercises on the court	•	•	•	•	•
Begin basketball agility and running drills	•	•	•	•	•
Progress agility and ball drills (Non-contact)		•	•	•	•
Team practice (Light contact)			•	•	•
Team scrimmage (Contact)				•	•
Games/ competition					•
Tournaments (back to back games)					***
Playing time	Begin with playing 10-15 minutes at a time during team scrimmage. Progressively increase your playing time as you tolerate. *** You may return to tournaments if two games can be played back to back days without pain/ limitation.				

Warm Up to be performed before each session:

- **Foam rolling:** lower/upper extremity muscle groups or other areas as needed
- **Dynamic Warm up:** Walking quadriceps stretch, walking hamstring stretch, inchworm walkouts, ½ kneel ankle rocking, forward lunges to half court, lateral lunge to half court, high knees, power skips, lateral shuffles to half court.

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### Phase 1: Progression of on court running and ball drills:

- **Running:** Jog full court and back.  $\frac{3}{4}$  speed sprint full court and back.  $\frac{3}{4}$  speed Line touch sprints (free throw, 3 point, half court, full court)
- **Agility/ Jumping/ landing:** Diagonal forward leaps, half court and back. Agility cone & ladder drills at  $\frac{3}{4}$  speed. Emphasis on good acceleration and deceleration. Figure 8, X-Lane Drill, M Drill, ZigZag, and T Drill \*See attached sheet for agility drills descriptions
- **Dribbling:**  $\frac{1}{2}$  speed straight plane dribbling forward/ backward
- **Shooting:** Shooting inside 3 point line and free throws from foul line

### Phase 2: Progression of on court running, agility and ball drills (non-contact):

- **Running:** Jog full court and back.  $\frac{3}{4}$  speed sprint full court, down and back 2x. Full speed sprint full court, down and back 2x. Full speed Line touch sprints (free throw, 3 point, half court, full court)
- **Agility/ jumping/ landing:** Diagonal forward leaps, half court and back. Agility cone & ladder drills: Figure 8, X-Lane Drill, M Drill, Zig Zag, and T Drill
- **Dribbling:**  $\frac{3}{4}$  speed dribbling; beginning at half length of court, progressing to full length of court increasing speed. Forward/backward dribbling 2x. Lateral shuffle with dribbling 2x
- **Shooting:** Short distance shots (inside 3 point line - 10 free throws from foul line; 10 jump shots; 10 layups to each side). Longer distance (10 shots outside 3 point line)

### Phase 3 – Return to practice and continued conditioning (Light Contact)

- **Running:** Begin interval training (jog for 1 minute, then sprint for 30 seconds). Jog full court and back.  $\frac{3}{4}$  speed sprint full court, down and back 2x. Full speed sprint full court, down and back 2x. Full speed Line touch sprints (free throw, 3 point, half court, full court)
- **Agility/ Jumping:** See agility and jumping on PT home exercises complete on court. Diagonal forward leaps, half court and back. Agility ladder drills: Figure 8, X-Lane Drill, M Drill, ZigZag Drill, and T Drills
- **Shooting:** Short distance shots (inside 3 point line- 10 free throws from line; 10 jump shots; 10 layups to each side). Longer distance (10 shots outside 3 point line)
- **Dribbling** – full speed dribbling full length of court, introducing change of direction and game speed. Forward/backward/lateral vs teammate 2x. Mock counterattacks and dribbling with change of direction. **Lateral dribbling movements** (Side movement with the ball, changing direction on command, with speed). Keep away with teammate inside 3 point line, work on boxing out, jumping and rebounding at *75% effort* (1-on-1 drills with teammate on offense and defense)
- **Practice with team:** Begin walk-throughs on offense and defense. Warm up, drills, running, practice, no scrimmage. Full practice including team scrimmage at end of practice

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### Phase 4: Progression to practice (Contact):

- Continue with Phase 3 Running, Agility/ Jumping, Passing, Dribbling, exercises as outlined above in Phase 3. Continue with conditioning for up to 60 minutes. Continue with PT home exercises for strength, power, balance, and proprioception. Practice team passing and shooting drills, practice offensive, defensive and counter attack tactical schemes. Begin full practice including team scrimmage at end of practice. Continue building confidence in team practice. Begin to have conversation with coach about starting to play in games. Contact practice for at least 1 full week without any pain, difficulty, or complications to progress to Phase 5.

### Phase 5: Progression back to game:

- Continue with Phase 3 Running, Agility/ Jumping, Passing, Dribbling exercises as outlined above in Phase 3. Continue with conditioning for up to 60 minutes. Continue with PT home exercises for strength, power, balance, and proprioception.
- Playing in game with team: Progression:
  - o Warm up, drills, running/ sprinting, **playing half of game**. Begin with playing ½ first quarter, and ½ of third quarter. Progress to playing longer during each half
  - o **Full games** not back to back same day games (tournaments)
  - o Return to full prior level of competition and tournaments

### PT Exercises for Home:

- Warm Up:
  - o **Muscle release/ Ball Rolling:** shoulder blade muscles ball against wall as needed
  - o **Stretches:** Shoulder stretches as needed (Kneeling Lat stretch on box; Wall cross body stretch; Sidelying sleeper stretch)

<b>Disclaimer: the athlete should pick 1-2 exercises per section to avoid over training</b>				
	Exercises	Sets	Repetitions	Comments/ Modifications:
	Power:			
	• Med Ball slams			
	• Med Ball wall throws			
	• Rope slams			
	Push up progression: elevated push-ups on box → push up on the floor → plyo push ups			
	Bench press progression: 1 Arm dumbbell floor press → 2 Arm dumbbell floor press → incline dumbbell bench press → flat dumbbell press → barbell bench press			
	Core Strength:			
	Core			

	<ul style="list-style-type: none"> <li>• Quad hover</li> <li>• Plank</li> <li>• Side plank</li> <li>• Bear crawls</li> </ul>			
<b>Scapular Strength:</b>				
	<ul style="list-style-type: none"> <li>• Prone I, T, W</li> <li>• ½ kneel “gators”</li> </ul>			
	<p>Row progression:          Standing row → Inverted row → progressively lowering bar → assisted band pull ups → full pull ups from bar</p>			
<b>Shoulder Strength:</b>				
	<ul style="list-style-type: none"> <li>• Thera Band ER/ IR</li> <li>• Arm Bar exercise</li> <li>• Farmers carry</li> <li>• Rack carry</li> </ul>			

### AGILITY DRILLS

