

## RETURN TO SPORT PROGRESSION: Ice Hockey

The athlete must pass all functional tests and/or be cleared by sports medicine medical provider before beginning Return to Hockey 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. swimming, 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
Off- ice training and begin on ice skating drills	•	•	•	•	•
Progress skating, passing, shooting (Non-contact)		•	•	•	•
Team practice (Light contact)			•	•	•
Team scrimmage (Contact)				•	•
Games					•
Tournaments					***
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.				

### Dynamic Warm Up:

- **Foam rolling:** large lower extremity muscle groups or specific areas of focus as instructed by Physical Therapist.
- **Off-ice Dynamic Warm up:** Walking quadriceps stretch, walking hamstring stretch, adductor toe touch stretch, inchworm walkouts, forward lunges 20 ft., lateral lunge 20 ft., lateral shuffles 20 ft., high knees, power skips, jog 50 ft., ¾ speed sprint 50ft.
- **On-ice Warm up (no stick):** forward/ backward skating, cross underling (skating backwards with cross overs while generating speed), outside edge turns, inside edge turns.

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### Phase 1: Begin on Ice Skating Drills and Continue off Ice Conditioning:

- On Ice Skating:  $\frac{1}{2}$  speed skating on ice (no hockey stick). 10 minutes of easy skating, progressing to half speed. Stopping from  $\frac{1}{2}$  speed, blue line to center line – 2x10. Accelerate while skating backwards, length of ice. Figure 8's around full ice rink, both directions  $\frac{3}{4}$  speed, then full speed 2x
- Off-Ice Training: to be performed inside on basketball court. 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: Agility cone & ladder drills at  $\frac{3}{4}$  speed. On-Ice Agility drills\* see attached sheet for drills (Figure 8, X-Lane Drill, M Drill, ZigZag, and T Drill) \*See attached sheet for off-ice agility drills descriptions

### Phase 2: Progression of on ice skating and passing/ shooting drills (non-contact):

- **On Ice Skating:**  $\frac{3}{4}$  speed skating (no hockey stick). 10 minutes of easy skating, progressing to  $\frac{3}{4}$  speed. Diagonal push offs from corner to half ice, laterally across to opposite corner, laterally back to starting corner – 2x. Stopping from high speed, blue line to center line – 2x10. Accelerate while skating backwards, length of ice 2x. Figure 8's around full ice rink, both directions  $\frac{3}{4}$  speed then full speed 2x
- **On-Ice Passing Drills:** Passing with a Teammate: begin passing drills at 50% effort. Half kneel passes 2x10 in each direction. Stationary standing passes 2x10 in each direction
- **Off-Ice Running:** Jog full court and back 2x.  $\frac{3}{4}$  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 2x. Agility cone & ladder drills at  $\frac{3}{4}$  speed. Figure 8, X-Lane Drill, M Drill, Zig Zag, and T Drill. On-Ice Agility Drills \* see attached sheet for descriptions

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

- **On Ice Skating:** progressing to full speed skating (with hockey stick). 10 minutes of easy skating, progressing to full speed. Diagonal push offs from corner to half ice, laterally across to opposite corner, laterally back to starting corner – 2x. Stopping from Full Speed, blue line to center line – 2x10. Accelerate while skating backwards, length of ice 2x. Figure 8's around full ice rink, both directions  $\frac{3}{4}$  speed then full speed 2x. Full speed cutting forward and backwards, length of ice – 2x. Skating with puck and stick against defender/ forward/ goalie
- **On-Ice Passing/ Shooting:** Passing with teammate. Half kneel passes 2x10 in each direction. Standing passes 2x10 in each direction. Passing while moving forward, backward, lateral 2x10. Shooting: 5 shovel shots, 10 wrist shots, 10 backhand shots, 10 snap shots, 10 slap shots. Begin shooting from various distances away from the goal (1v1 drills on ice with offensive shooting or defensive drills)
- **Running:** Begin interval training (jog for 1 minute, then sprint for 30 seconds). Jog full field and back 2x. Jogging high knees to midfield 2x.  $\frac{3}{4}$  speed sprint full field, down and back 2x. Full speed sprint full field, down and back 2x. Line touches at full speed (6 yds, 18 yds, midfield, full field) 2x

- **Agility/ Jumping:** See agility and jumping on PT home exercises. Diagonal forward leaps, midfield and back. Agility ladder drills: Figure 8, X-Lane Drill, M Drill, ZigZag Drill, and T Drills. On-Ice Agility Drills \*see attached sheet for descriptions (On-Ice Agility Drills vs teammate and/or defenseman)
- **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

Phase 4 – Progression to practice (Contact)

- Continue with Phase 3 Running, Agility/ Jumping, Skating, Passing, Shooting drills as outlined above in Phase 3. Continue with conditioning for up to 60 minutes. Continue with PT home exercises off ice for strength, power, balance, and proprioception. Practice team passing and shooting drills, practice offensive, defensive and counter attack tactical schemes
  - o Begin full practice including team scrimmage at end of practice
  - o Continue building confidence in team practice
  - o Begin to have conversation with coach about starting to play in games
  - o 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

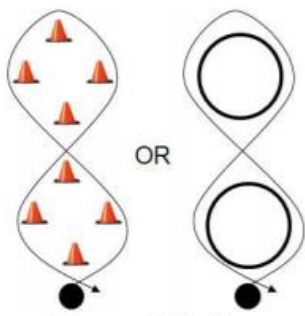
- Continue with Phase 3: Running, Agility/ Jumping, Skating, Passing, Shooting drills as outlined above in Phase 3. Continue with conditioning for up to 60 minutes. Continue with PT home exercises off ice for strength, power, balance, and proprioception.
- Playing in game with team: Progression:
  - o Warm up, drills, running/ sprinting, skating, **playing half of game** (Progressively playing longer during each period)
  - 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:

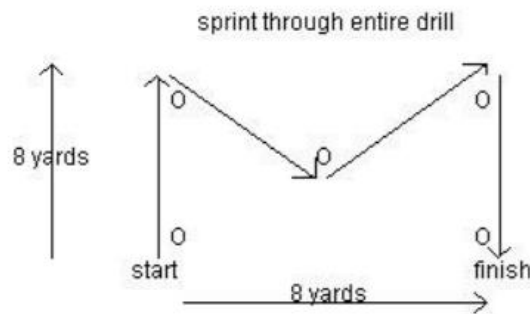
<b>Disclaimer: the athlete should pick 1-2 exercise per section to avoid over training.</b>				
	Exercises	Sets	Repetitions	Comments/ Modifications:
	<b>Jumping/ Landing:</b>			
	• Double/single leg toe drop			
	• Double leg jump prep			
	<b>Power:</b>			
	• Squat jump			
	• Broad jump			
	• Box jump			
	• Forward leaps			
	• Bounding			
	• Scissor jumps			
	• Hurdle hops			
	<b>Strength:</b>			
	<b>Core</b>			
	• Quad hover			
	• Plank			
	• Side plank			
	• Bear crawls			
	<b>Hip/ Glutes</b>			

	<ul style="list-style-type: none"><li>• Bridge</li></ul>			
	<ul style="list-style-type: none"><li>• Clamshells</li></ul>			
	<ul style="list-style-type: none"><li>• Band walks</li></ul>			
	<ul style="list-style-type: none"><li>• Squats</li></ul>			
	<ul style="list-style-type: none"><li>• Lateral lunge</li></ul>			
	<b>Quadriceps</b>			
	<ul style="list-style-type: none"><li>• Squats</li></ul>			
	<ul style="list-style-type: none"><li>• Split squats</li></ul>			
	<ul style="list-style-type: none"><li>• Lunges</li></ul>			
	<ul style="list-style-type: none"><li>• Leg Press</li></ul>			
	<b>Hamstrings</b>			
	<ul style="list-style-type: none"><li>• Bridge walkouts</li></ul>			
	<ul style="list-style-type: none"><li>• Nordic Hamstring exercise</li></ul>			
	<ul style="list-style-type: none"><li>• RDL</li></ul>			
	<b>Balance/ Proprioception</b>			
	Double leg (DL), Single leg (SL)			
	Eyes open (EO), Eyes closed (EC)			
	<ul style="list-style-type: none"><li>• DL squat EO/EC</li></ul>			
	<ul style="list-style-type: none"><li>• DL squat to SL hold EO/EC</li></ul>			
	<ul style="list-style-type: none"><li>• SL balance EO/EC</li></ul>			
	<ul style="list-style-type: none"><li>• SL balance 3 way cone reach</li></ul>			

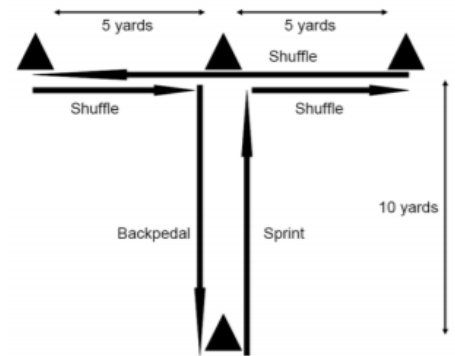
## OFF ICE AGILITY DRILLS



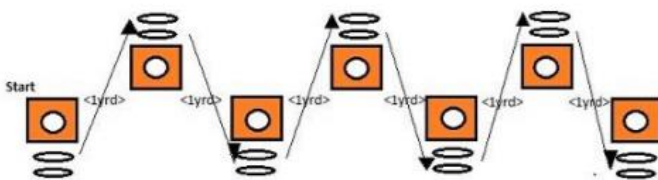
**Figure 8 Drill**



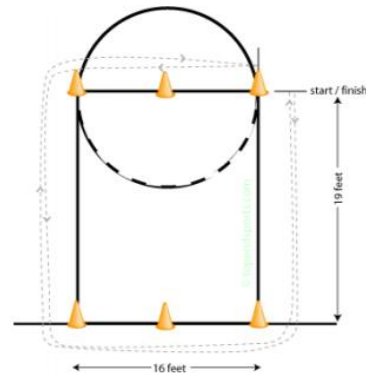
**M Drill**



**T Drill**



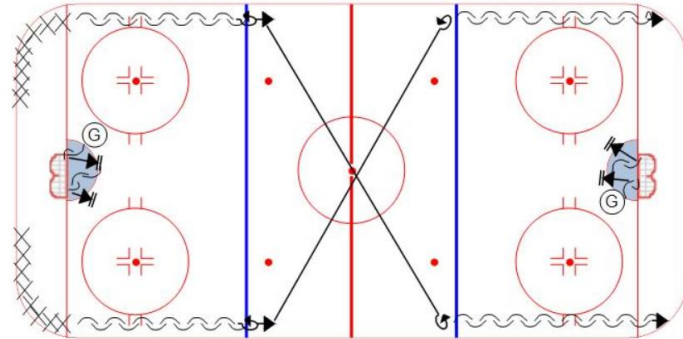
**Zig Zag Drill**



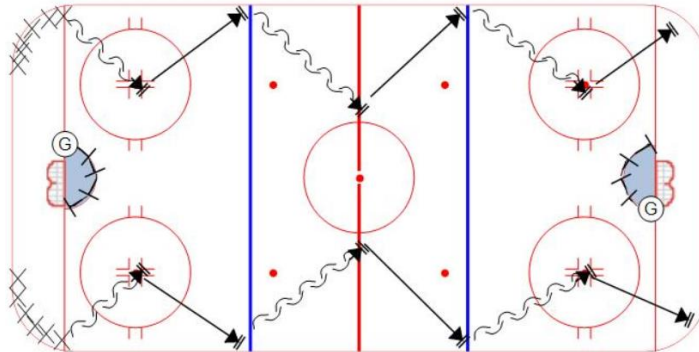
**X Lane Drill: Sprint, side shuffle, back pedal, side shuffle**

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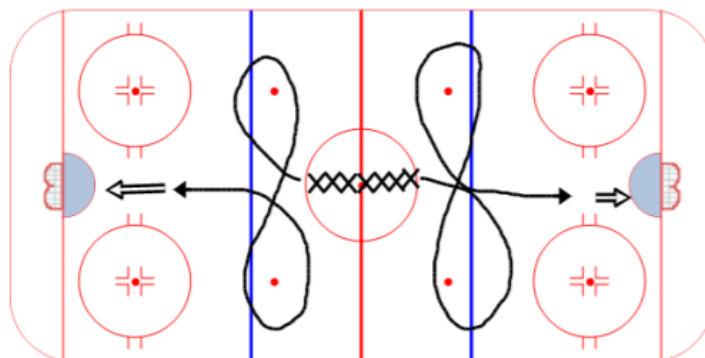
### On-Ice Skating Drills:



1. Start in the corner, skate backwards to the blue line, pivot then skate diagonally to far blue line, skate backwards. Drill continues on opposite side. Complete 4 times.



2. Backwards to forwards skating with stops in between, set up cones for stopping points. Complete 2x full rink length on each side.



3. One Ice figure 8 Drill: Make sure you move your feet through the turns and do not glide. Begin with just the stick in your hand and progress to skating with the puck and shooting.