

RETURN TO SPORT PROGRESSION: Lacrosse

The athlete must pass all functional tests and/or be cleared by sports medicine medical provider before beginning Return to Lacrosse Protocol. It is recommended pursuing Transitional Therapy for return to sport activities during this phase. Transitional Therapy is a strength and conditioning program that is led by medical professional with a sports medicine background with a 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 or 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 the 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
Begin on field running drills	•	•	•	•	•
Progress running and stick 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 ups to be performed before each session:

- **Foam Rolling:** Large lower extremity muscle groups or specific areas of focus as instructed by Physical Therapist.
- **Dynamic Warm up:** Walking quadriceps stretch, walking hamstring stretch, inchworm walkouts, ½ kneel ankle rocking, forward lunges to 35 yard line, lateral lunge to 35 yard line, high knees, power skips, lateral shuffles to 35 yard line.

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Phase 1: Beginning of on Field Running and Stack Drills:

- **Running:** Jog to 50 yard line and back. $\frac{3}{4}$ speed sprint to 50 yard line and back. Line touches at $\frac{3}{4}$ speed (goal circle, arc, 35 yard line, 50 yard line)
- **Agility/Jumping/Landing:** Diagonal forward leaps, goal circle and back. Agility cone drills & ladder drills at $\frac{3}{4}$ speed (Figure 8, X-Line Drill, M Drill, Zig Zag, and T Drill). See attached sheet for agility drills descriptions
- **Passing/Catching:** Begin passing at 50% effort. Basic passing/catching with a stationary partner – practice right and left hand passes and catches.
- **Jog/Cradling:** $\frac{1}{2}$ speed straight plane jog/cradling with ball 35 yard line and back 2x

Phase 2: Progression of on Field Running and Ball/Stick Drills (Non-contact):

- **Running:** Jog full field and back 2x. $\frac{3}{4}$ speed sprint full field, down and back 2x. Full speed sprint full field, down and back 2x. Full speed line touches (goal circle, arc, 35 yard line, 50 yard line)
- **Agility/Jumping/Landing:** Diagonal forward leaps, goal circle and back. Agility cone drills & ladder drills at $\frac{3}{4}$ speed (Figure 8, X-Lane Drill, M Drill, Zig Zag, and T Drill)
- **Passing/Catching with a Teammate:** Begin passing at 50% effort. $\frac{1}{2}$ speed running to 50 yard line in parallel passing back and forth 4x. Short distance passes (15 yards) – passing 4x10 passes. Longer distances (35 yards) – passing 4-10 passes.
- **Run/Cradling:** $\frac{1}{2}$ speed running with cradling; beginning at half length of field, progressing to full length of field. Straight-line cradling switching from two hands to one hand cradling 2x. 1v1 dodging with teammate no checking. Run/cradling with turns with multiple directions 2x

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 field and back 2x. Jogging high knees to 50 yard line and back 2x. $\frac{3}{4}$ speed sprint full field, down and back 2x. Full speed sprint full field, down and back 2x. Full speed line touches (goal circle, arc, 35 yard line, 50 yard line)
- **Agility/Jumping:** See agility and jumping on PT home exercise – to be completed on field. Diagonal forward leaps, 50 yard line and back. Agility ladder drills (Figure 8, X-Lane Drill, M Drill, Zig Zag Drill, and T Drills).
- **Passing with a Teammate:** Increasing velocity on passes to 75% effort. Passing/catching under pressure with teammate while running down field. Short distance passes (15 yards) [Passing while moving 4x10 passes – 2x; Quick feet with passing 4x5 passes – 2x; Lateral shuffle to pass cone drill (5 feet apart) – 2x]. Longer distances (35 yards) [Passing 4x10 passes]. Begin field drills with ground balls, raking, scooping, passing while changing directions.

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- **Run/Cradling and Stick Drills:** Full speed running with cradling full length of field, introducing changing directions full speed while under pressure. Straight-line ball control 2x, forward/backward turns 2x. Lateral running with cradling switching from two hands to one. Increasing/decreasing speed while cradling and checking (men). Keep away with teammate inside goal circle with light checking (men). 1v1 dodging drills with teammate light checking. Begin full speed shooting drills with teammate light checking. Begin full speed shooting drills with pressure from defense (shooting from various distances [5 yards, 15 yards, 25 yards]).
- **Practice with Team:** 1) Begin walk-throughs on offense and defense. 2) Warm up, drills, running, practice light checking, no scrimmage. 3) Full practice including team scrimmage at end of practice.

Phase 4: Progression to Practice (Contact):

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

Lower Extremity PT Exercises for Home:

Disclaimer: the athlete should pick 1-2 exercises per section to avoid over training.				
	Exercises	Sets	Repetitions	Comments/ Modifications:
	Jumping/ Landing:			
	• Double/single leg toe drop			
	• Double leg jump prep			
	Power:			
	• Squat jump			
	• Broad jump			
	• Box jump			
	• Forward leaps			

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	<ul style="list-style-type: none"> Bounding 			
	<ul style="list-style-type: none"> Scissor jumps 			
	<ul style="list-style-type: none"> Hurdle hops 			
	Strength:			
	Core			
	<ul style="list-style-type: none"> Quad hover 			
	<ul style="list-style-type: none"> Plank 			
	<ul style="list-style-type: none"> Side plank 			
	<ul style="list-style-type: none"> Bear crawls 			
	Hip/ Glutes			
	<ul style="list-style-type: none"> Bridge 			
	<ul style="list-style-type: none"> Clamshells 			
	<ul style="list-style-type: none"> Band walks 			
	<ul style="list-style-type: none"> Squats 			
	<ul style="list-style-type: none"> Lateral lunge 			
	Quadriceps			
	<ul style="list-style-type: none"> Squats 			
	<ul style="list-style-type: none"> Split squats 			
	<ul style="list-style-type: none"> Lunges 			
	<ul style="list-style-type: none"> Leg Press 			
	Hamstrings			
	<ul style="list-style-type: none"> Bridge walkouts 			
	<ul style="list-style-type: none"> Nordic Hamstring exercise 			
	<ul style="list-style-type: none"> RDL 			
	Balance/ Proprioception			
	Double leg (DL), Single leg (SL)			
	Eyes open (EO), Eyes closed (EC)			
	<ul style="list-style-type: none"> DL squat EO/EC 			
	<ul style="list-style-type: none"> DL squat to SL hold EO/EC 			
	<ul style="list-style-type: none"> SL balance EC 			
	<ul style="list-style-type: none"> SL balance 3 way cone reach 			

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AGILITY DRILLS

