

FIG. 1A

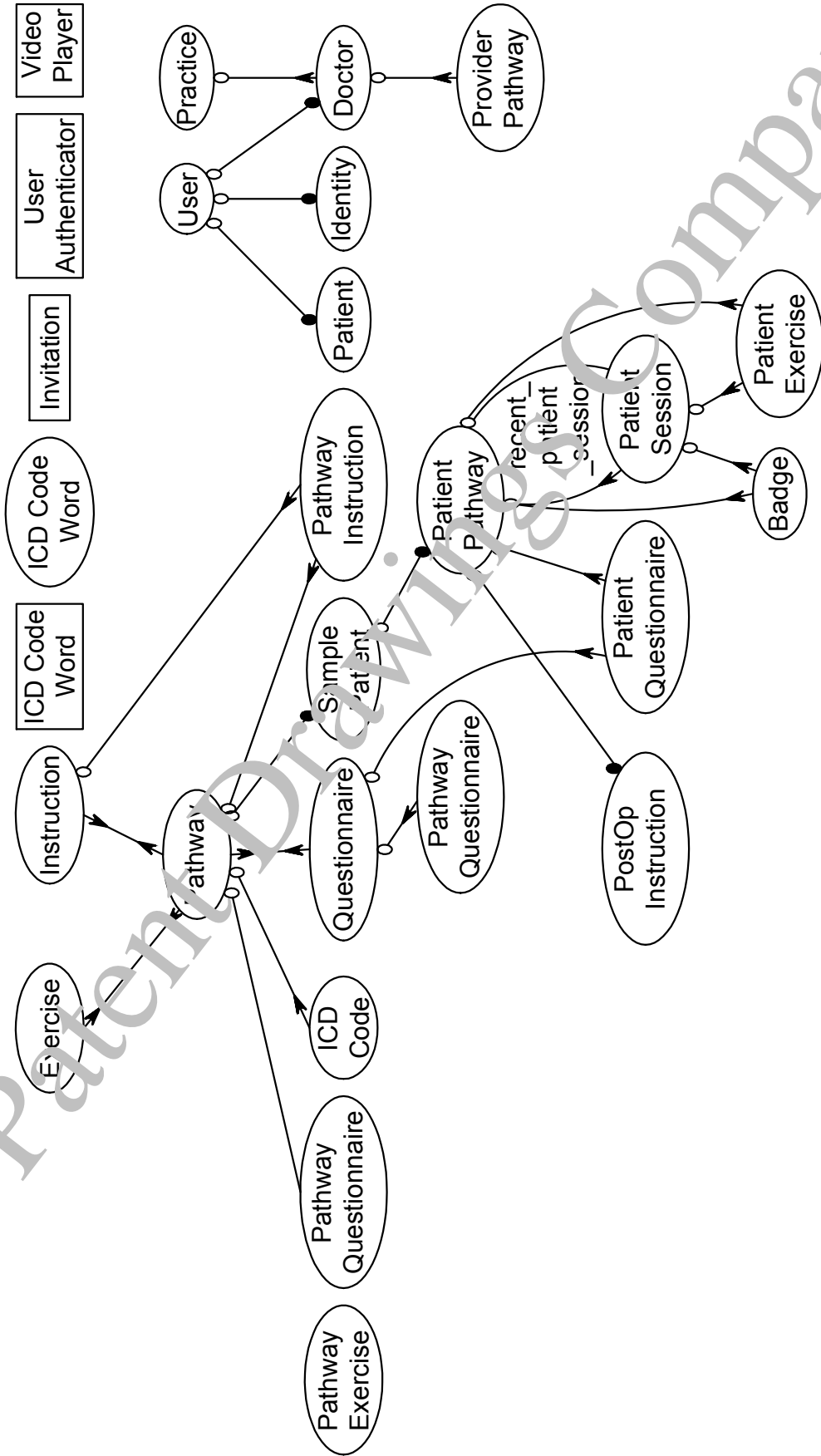


FIG. 1B

The Patent Doctor's Company

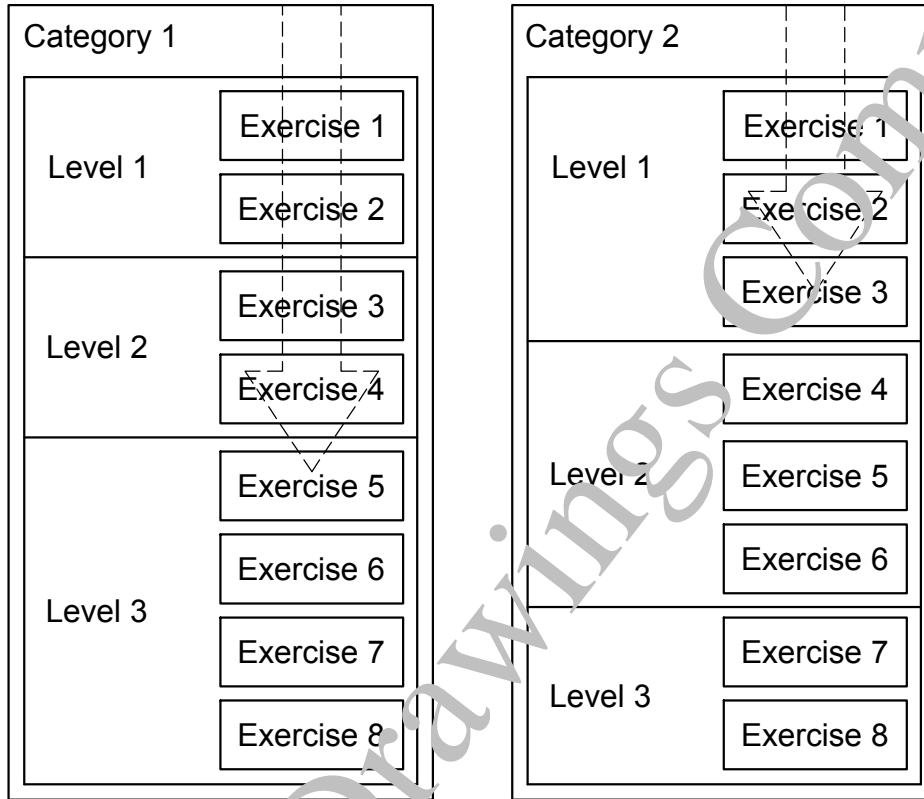


FIG. 1C

Week 1
Session 1:
<p>1: <u>Hamstring Set</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 1</p> <p>2: <u>Quad Set</u> sets: 3 reps: 10 category: strengthening duration: 210 difficulty: 1</p> <p>3: <u>Ankle Pumps</u> sets: 2 reps: 20 category: other duration: 90 difficulty: 1</p> <p>4: <u>Heel Slides</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 1</p> <p>5: <u>Facilitated Knee Extension I</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 1</p>
Session 2:
<p>1: <u>Hamstring Set</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 1</p> <p>2: <u>Quad Set</u> sets: 3 reps: 10 category: strengthening duration: 210 difficulty: 1</p> <p>3: <u>Ankle Pumps</u> sets: 2 reps: 20 category: other duration: 90 difficulty: 1</p> <p>4: <u>Heel Slides</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 1</p> <p>5: <u>Facilitated Knee Extension I</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 1</p>
Session 3:
<p>1: <u>Hamstring Set</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 1</p> <p>2: <u>Quad Set</u> sets: 3 reps: 10 category: strengthening duration: 210 difficulty: 1</p> <p>3: <u>Ankle Pumps</u> sets: 2 reps: 20 category: other duration: 90 difficulty: 1</p> <p>4: <u>Heel Slides</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 1</p> <p>5: <u>Facilitated Knee Extension I</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 1</p>
Session 4:
<p>1: <u>Supine HD Abduction/Adduction</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 1</p> <p>2: <u>Quad Set</u> sets: 3 reps: 10 category: strengthening duration: 210 difficulty: 1</p> <p>3: <u>Ankle Pumps</u> sets: 2 reps: 20 category: other duration: 90 difficulty: 1</p> <p>4: <u>Heel Slides</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 1</p> <p>5: <u>Facilitated Knee Extension I</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 1</p>

FIG. 1D

Session 5:
<p>1: <u>Hamstring Set</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 1</p> <p>2: <u>Quad Set</u> sets: 3 reps: 10 category: strengthening duration: 210 difficulty: 1</p> <p>3: <u>Ankle Pumps</u> sets: 2 reps: 20 category: other duration: 90 difficulty: 1</p> <p>4: <u>Heel Slides</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 1</p> <p>5: <u>Facilitated Knee Extension I</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 1</p>
Session 6:
<p>1: <u>Standing Hip Adduction</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 2</p> <p>2: <u>Lateral Step Ups</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 2</p> <p>3: <u>Step Ups</u> sets: 2 reps: 15 category: strengthening duration: 120 difficulty: 2</p> <p>4: <u>Patellar Mobilizations</u> sets: 2 reps: 20 category: other duration: 90 difficulty: 2</p> <p>5: <u>Facilitated Knee Flexion VI</u> sets: 1 reps: 5 category: rom duration: 300 difficulty: 2</p> <p>6: <u>Facilitated Knee Extension II</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 2</p>
Session 7:
<p>1: <u>Mini Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 2</p> <p>2: <u>Lateral Step Ups</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 2</p> <p>3: <u>Standing Terminal Knee Extensions (TKE's)</u> sets: 3 reps: 10 category: strengthening duration: 180 difficulty: 2</p> <p>4: <u>Patellar Mobilizations</u> sets: 2 reps: 20 category: other duration: 90 difficulty: 2</p> <p>5: <u>Facilitated Knee Flexion VI</u> sets: 1 reps: 5 category: rom duration: 300 difficulty: 2</p> <p>6: <u>Facilitated Knee Extension II</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 2</p>
Week 2
Session 8:
<p>1: <u>Step Ups</u> sets: 2 reps: 15 category: strengthening duration: 120 difficulty: 2</p> <p>2: <u>Standing Straight Leg Raise</u> sets: 3 reps: 10 category: strengthening duration: 180 difficulty: 2</p>

FIG. 1E

<p>3: <u>Mini Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 2</p> <p>4: <u>Patellar Mobilizations</u> sets: 2 reps: 20 category: other duration: 90 difficulty: 2</p> <p>5: <u>Facilitated Knee Flexion VI</u> sets: 1 reps: 5 category: rom duration: 300 difficulty: 2</p> <p>6: <u>Facilitated Knee Extension II</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 2</p>
<p>Session 9:</p>
<p>1: <u>Standing Hip Adduction</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 2</p> <p>2: <u>Lateral Step Ups</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 2</p> <p>3: <u>Prone Hip Extension II</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 2</p> <p>4: <u>Achilles/Calf Stretch IV</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 1</p> <p>5: <u>Facilitated Knee Extension II</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 2</p>
<p>Session 10:</p>
<p>1: <u>Standing Straight Leg Raise</u> sets: 3 reps: 10 category: strengthening duration: 180 difficulty: 2</p> <p>2: <u>Standing Terminal Knee Extensions (TKE's)</u> sets: 3 reps: 10 category: strengthening duration: 180 difficulty: 2</p> <p>3: <u>Achilles/Calf Stretch IV</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 1</p> <p>4: <u>Facilitated Knee Extension II</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 2</p>
<p>Session 11:</p>
<p>1: <u>Banded Standing Hip Extension</u> sets: 3 reps: 10 category: strengthening duration: 120 difficulty: 3</p> <p>2: <u>Step Down Then Back</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 3</p> <p>3: <u>Stability Ball Knee Extension</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 3</p> <p>4: <u>Facilitated Knee Extension II</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 2</p>
<p>Session 12:</p>
<p>1: <u>Banded Side Shuffle</u> sets: 3 reps: 20 category: strengthening duration: 150 difficulty: 3</p> <p>2: <u>Glute Bridges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 3</p>

FIG. 1F

<p>3: <u>Banded Standing Hip Extension</u> sets: 3 reps: 10 category: strengthening duration: 120 difficulty: 3</p> <p>4: <u>Achilles/Calf Stretch IV</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 1</p> <p>5: <u>Facilitated Knee Extension II</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 2</p>
Session 13:
<p>1: <u>Stability Ball Knee Flexion</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 3</p> <p>2: <u>Standing Calf Raises</u> sets: 2 reps: 15 category: strengthening duration: 120 difficulty: 3</p> <p>3: <u>Glute Bridges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 3</p> <p>4: <u>Achilles/Calf Stretch IV</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 1</p> <p>5: <u>Facilitated Knee Extension II</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 2</p>
Session 14:
<p>1: <u>Wall Sits</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 3</p> <p>2: <u>Step Down Then Back</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 3</p> <p>3: <u>Glute Bridges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 3</p> <p>4: <u>Hamstring Stretch I</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 2</p> <p>5: <u>Facilitated Knee Extension II</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 2</p>
Week 3
Session 15:
<p>1: <u>Standing Calf Raises</u> sets: 2 reps: 15 category: strengthening duration: 120 difficulty: 3</p> <p>2: <u>Banded Standing Hip Extension</u> sets: 3 reps: 10 category: strengthening duration: 120 difficulty: 3</p> <p>3: <u>Stability Ball Knee Extension</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 3</p> <p>4: <u>Hamstring Stretch I</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 2</p> <p>5: <u>Facilitated Knee Extension II</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 2</p>

FIG. 1G

<p>Session 16:</p> <ol style="list-style-type: none"> 1: <u>Seated Knee Flexion</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 4 2: <u>Kettlebell Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 4 3: <u>Side Lunge</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 4 4: <u>Hamstring Stretch I</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 2 5: <u>Facilitated Knee Extension II</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 2
<p>Session 17:</p> <ol style="list-style-type: none"> 1: <u>Seated Knee Flexion</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 4 2: <u>Side Lunge</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 4 3: <u>Stability Ball Wall Sits</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 4 4: <u>Hamstring Stretch I</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 2 5: <u>Facilitated Knee Extension II</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 2
<p>Session 18:</p> <ol style="list-style-type: none"> 1: <u>Single Leg RDL's</u> sets: 3 reps: 10 category: strengthening duration: 180 difficulty: 4 2: <u>Seated Knee Flexion</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 4 3: <u>Kettlebell Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 4 4: <u>Hamstring Stretch I</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 2 5: <u>Facilitated Knee Extension II</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 2
<p>Session 19:</p> <ol style="list-style-type: none"> 1: <u>Kettlebell Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 4 2: <u>Forward Lunge</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 4 3: <u>Single Leg RDL's</u> sets: 3 reps: 10 category: strengthening duration: 180 difficulty: 4 4: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3

FIG. 1H

5: <u>Facilitated Knee Extension II</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 2
Session 20:
1: <u>Kettlebell Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 4
2: <u>Forward Lunge</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 4
3: <u>Med Ball Squat Shots</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 4
4: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3
5: <u>Facilitated Knee Extension II</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 2
Session 21:
1: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5
2: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5
3: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5
4: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3
5: <u>Facilitated Knee Extension II</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 2
Week 4
Session 22:
1: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5
2: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5
3: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5
4: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3
5: <u>Facilitated Knee Extension II</u> sets: 1 reps: 10 category: rom duration: 300 difficulty: 2
Session 23:
1: <u>Weight Shifting</u> sets: 2 reps: 15 category: Proprioception duration: 150 difficulty: 2
2: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5

FIG. 11

<p>3: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>6: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
<p>Session 24:</p>
<p>1: <u>Weight Shifting</u> sets: 2 reps: 15 category: Proprioception duration: 150 difficulty: 2</p> <p>2: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
<p>Session 25:</p>
<p>1: <u>Weight Shifting</u> sets: 2 reps: 15 category: Proprioception duration: 150 difficulty: 2</p> <p>2: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>3: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>

FIG. 11

<p>Session 26:</p> <p>1: <u>Weight Shifting</u> sets: 2 reps: 15 category: Proprioception duration: 150 difficulty: 2</p> <p>2: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>4: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
<p>Session 27:</p> <p>1: <u>Weight Shifting</u> sets: 2 reps: 15 category: Proprioception duration: 150 difficulty: 2</p> <p>2: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
<p>Session 28:</p> <p>1: <u>Weight Shifting</u> sets: 2 reps: 15 category: Proprioception duration: 150 difficulty: 2</p> <p>2: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p>

FIG. 1J

12/62

6: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3 8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3
Week 5
Session 29:
1: <u>Weight Shifting</u> sets: 2 reps: 15 category: Proprioception duration: 150 difficulty: 2 2: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 3: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5 4: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 5: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5 6: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3 8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3
Session 30:
1: <u>Weight Shifting</u> sets: 2 reps: 15 category: Proprioception duration: 150 difficulty: 2 2: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5 3: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 4: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5 5: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 6: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3 8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3
Session 31:
1: <u>Weight Shifting</u> sets: 2 reps: 15 category: Proprioception duration: 150 difficulty: 2

FIG. 1J

<p>2: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>5: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
<p>Session 32:</p>
<p>1: <u>Weight Shifting</u> sets: 2 reps: 15 category: Proprioception duration: 150 difficulty: 2</p> <p>2: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>5: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
<p>Session 33:</p>
<p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>3: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p>

FIG. 1K

8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3
Session 34:
1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4 2: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 3: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5 4: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 5: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5 6: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3 8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3
Session 35:
1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4 2: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5 3: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 4: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 5: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5 6: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3 8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3
Week 6
Session 36:
1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4 2: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 3: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5

FIG. 1L

<p>4: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>5: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
Session 37:
<p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
Session 38:
<p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>5: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>

FIG. 1M

<p>Session 39:</p> <p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
<p>Session 40:</p> <p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>6: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
<p>Session 41:</p> <p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>4: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p>

FIG. 1N

17/62

<p>6: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
<p>Session 42:</p>
<p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
<p>Week 7</p>
<p>Session 43:</p>
<p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>6: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
<p>Week 44:</p>
<p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p>

FIG. 10

<p>2: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>6: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
<p>Session 45:</p>
<p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 3 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
<p>Session 46:</p>
<p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>6: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p>

FIG. 1P

8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3
Session 47:
1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4 2: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 3: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 4: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5 5: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 6: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5 7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3 8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3
Session 48:
1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4 2: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 3: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5 4: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 5: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 6: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5 7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3 8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3
Session 49:
1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4 2: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5 3: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5 4: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5

FIG. 1Q

<p>5: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
Week 8
Session 50:
<p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>4: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
Session 51:
<p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>6: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>

FIG. 1R

<p>Session 52:</p> <p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>4: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
<p>Session 53:</p> <p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>3: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
<p>Session 54:</p> <p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>5: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p>

FIG. 1S

<p>6: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
Session 55:
<p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
Session 56:
<p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>4: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
Week 9
Session 57:
<p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p>

FIG. 1T

<p>2: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>4: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
<p>Session 58:</p>
<p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 3 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>3: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>6: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p> <p>8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3</p>
<p>Session 59:</p>
<p>1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4</p> <p>2: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5</p> <p>3: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>4: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>5: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5</p> <p>6: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5</p> <p>7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3</p>

FIG. 1U

8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3
Session 60:
1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4
2: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5
3: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5
4: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5
5: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5
6: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5
7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3
8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3
Session 61:
1: <u>Single Leg 4-Way Reach, Stable</u> sets: 2 reps: 8 category: Proprioception duration: 150 difficulty: 4
2: <u>2-Handed Med Ball RDL's</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5
3: <u>Sumo Squats</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5
4: <u>Quick Feet</u> sets: 1 reps: 3 category: strengthening duration: 30 difficulty: 5
5: <u>Serial Sitting - Stable</u> sets: 1 reps: 3 category: strengthening duration: 150 difficulty: 5
6: <u>Walking Lunges</u> sets: 3 reps: 10 category: strengthening duration: 150 difficulty: 5
7: <u>Achilles/Calf Stretch I</u> sets: 0 reps: 3 category: stretching duration: 30 difficulty: 3
8: <u>Hamstring Stretch II</u> sets: 1 reps: 3 category: stretching duration: 30 difficulty: 3

FIG. 1V

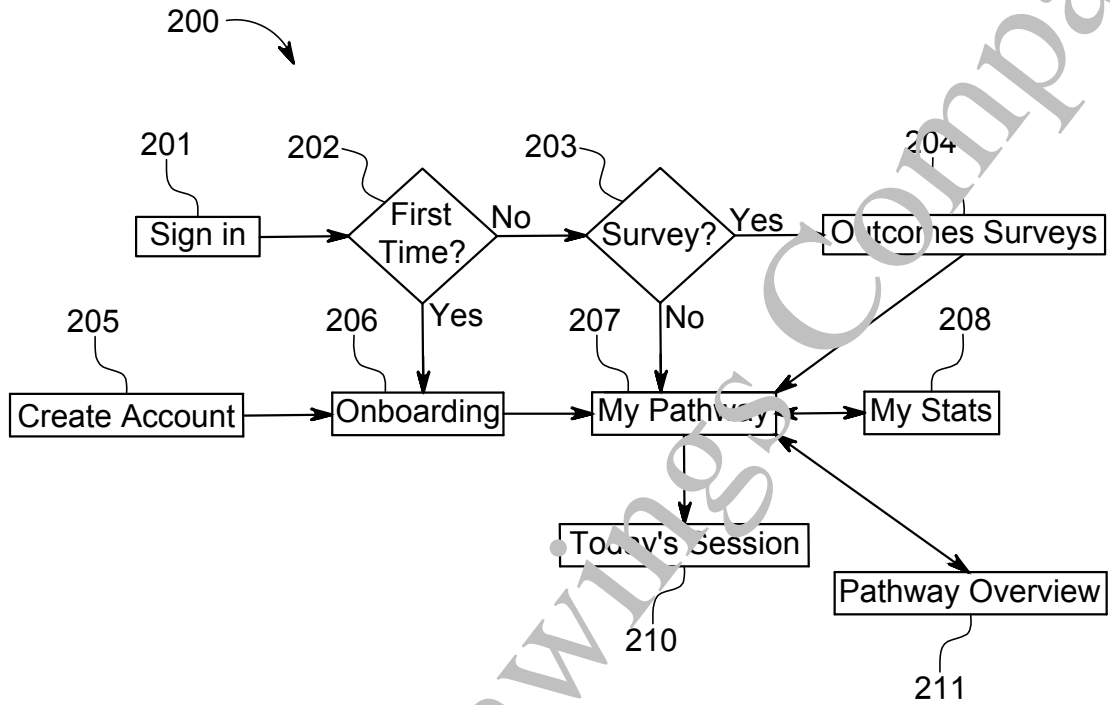


FIG. 2A

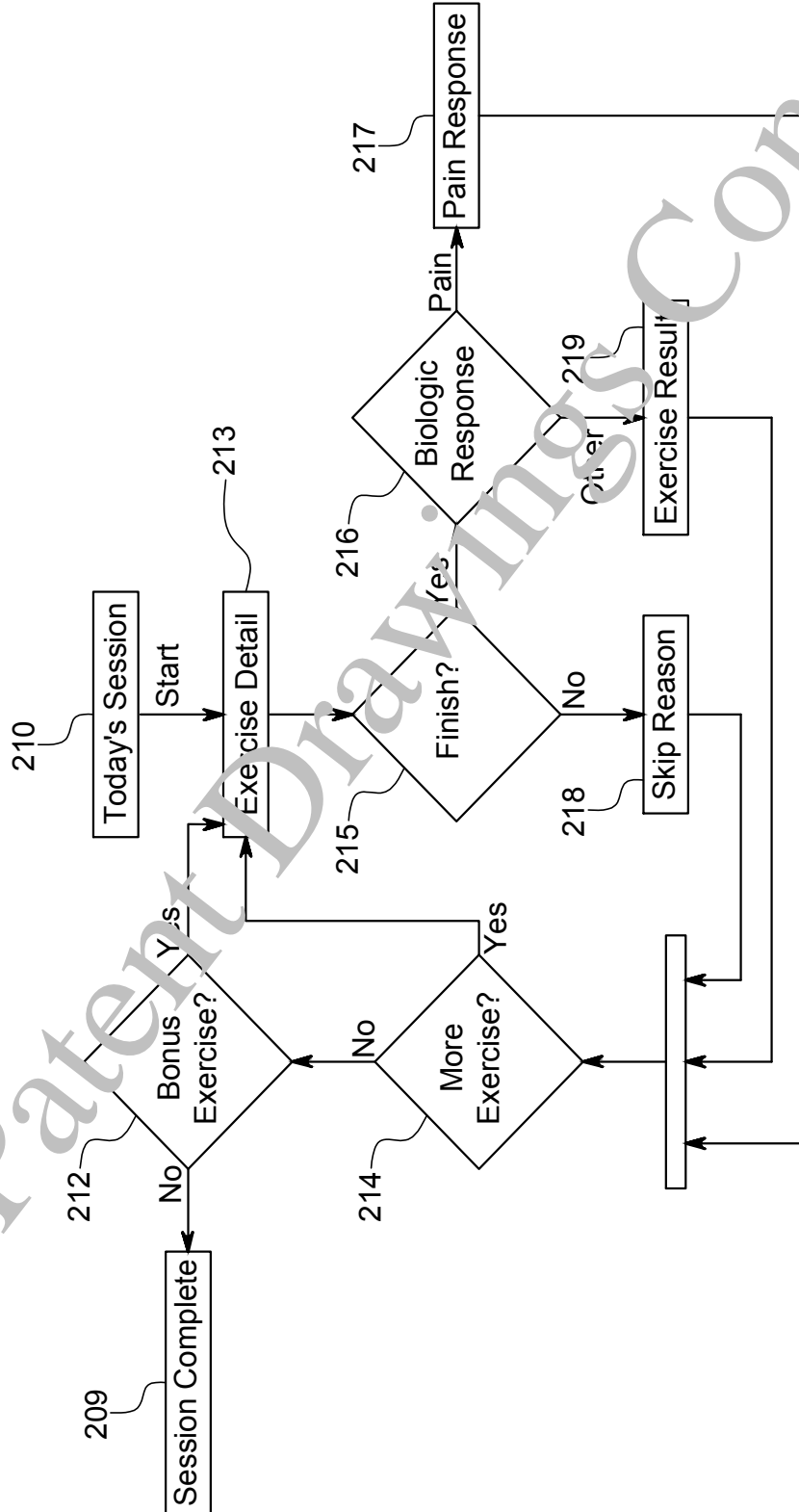


FIG. 2B

The Patent Drawings Company

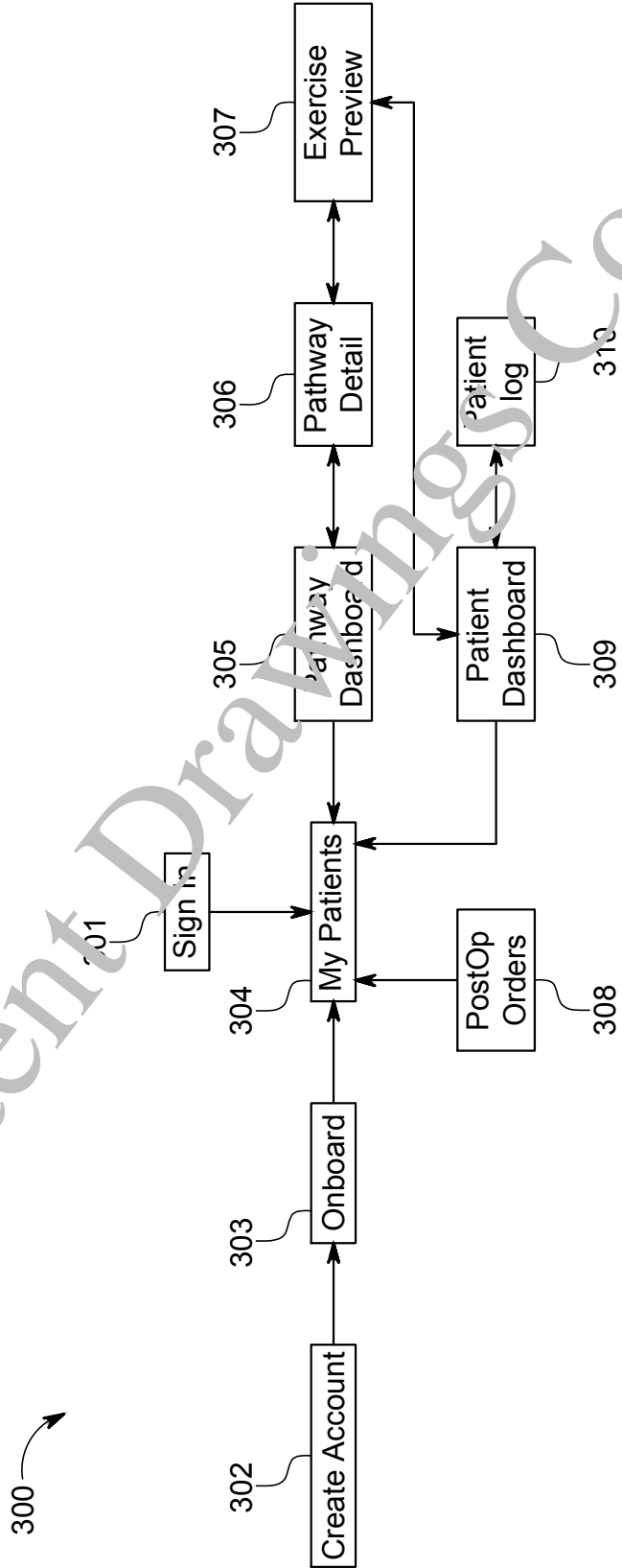


FIG. 3

The Patent Drafting Company

402

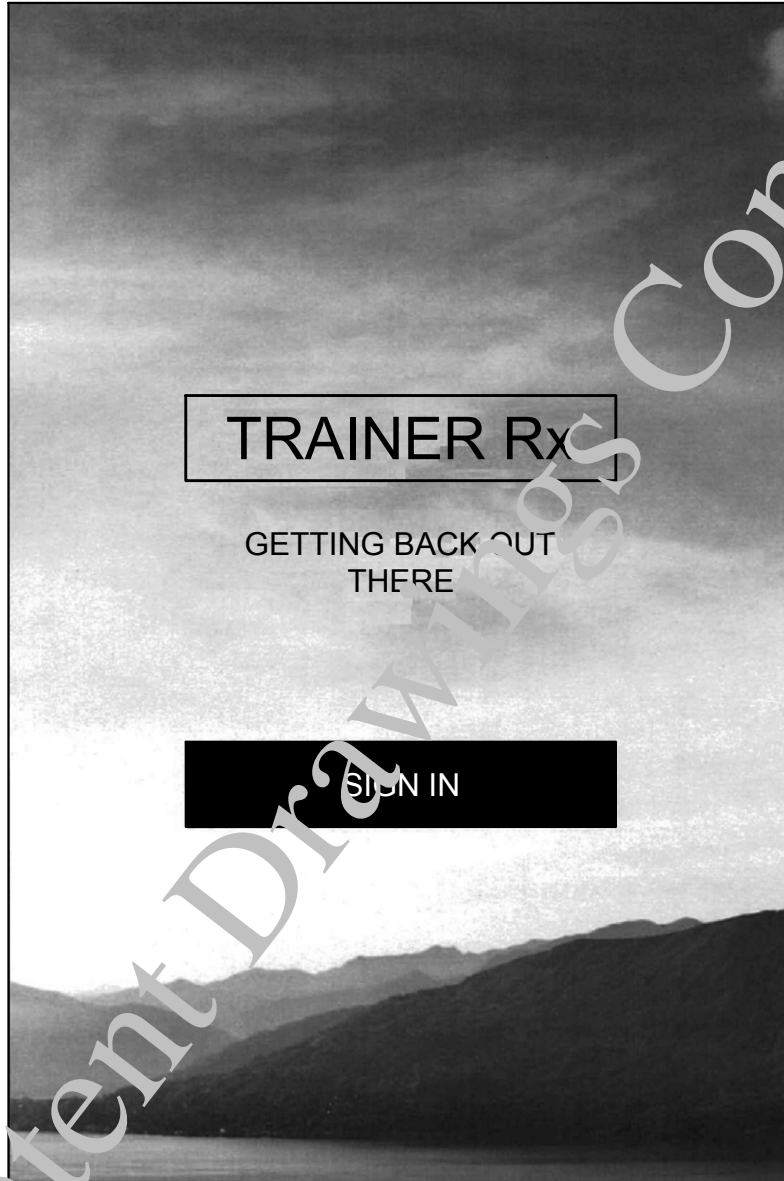


FIG. 4A

404

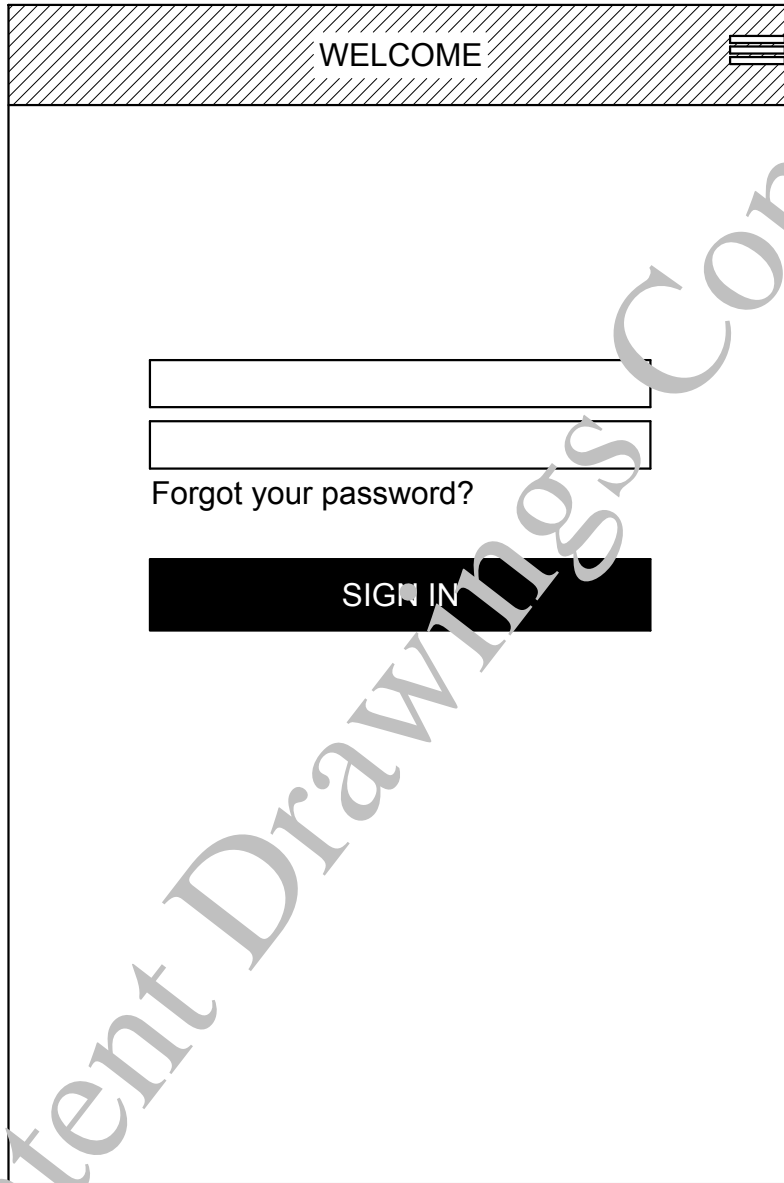


FIG. 4B

30/62

404

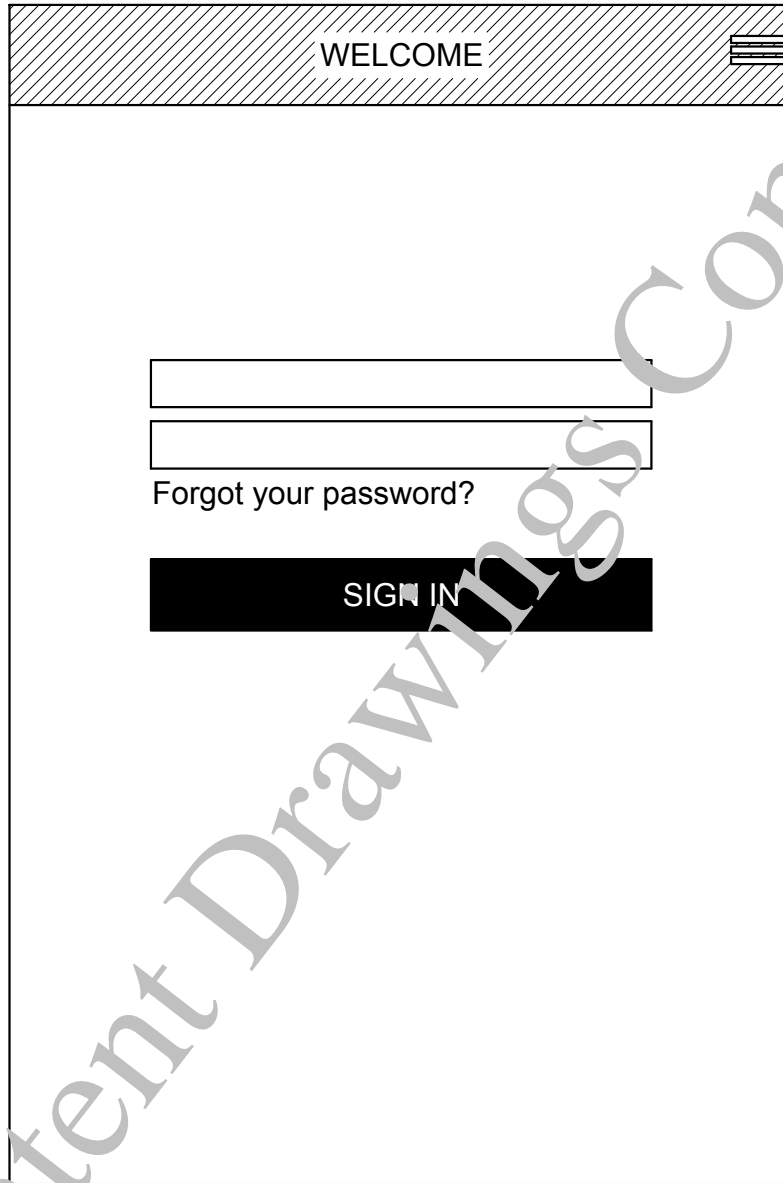


FIG. 4C

31/62

408

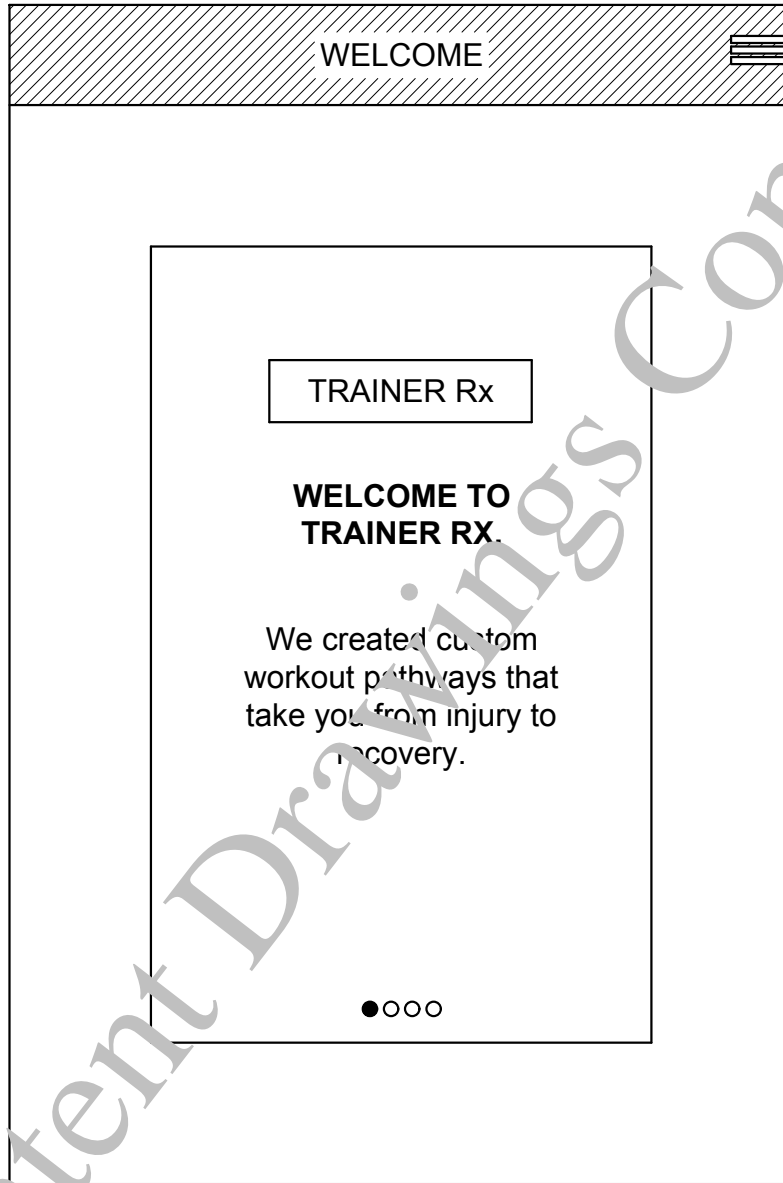


FIG. 4D

410



FIG. 4E

33/62

412

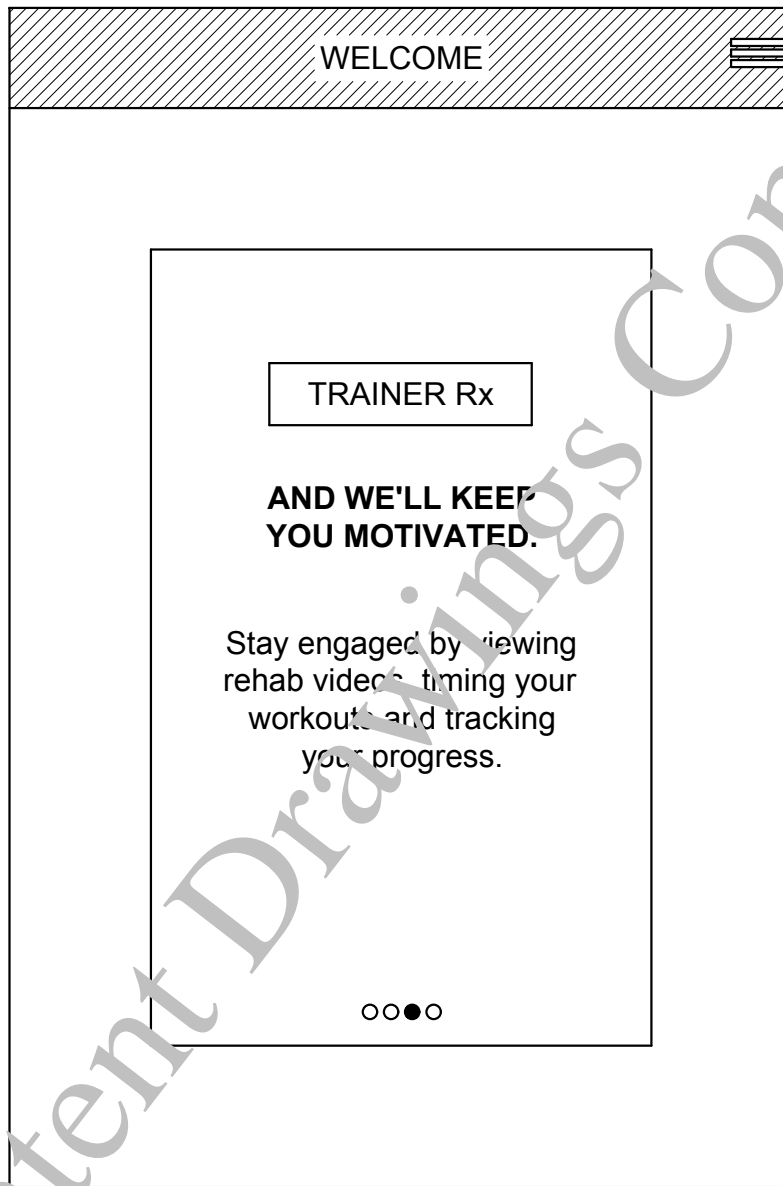


FIG. 4F

414

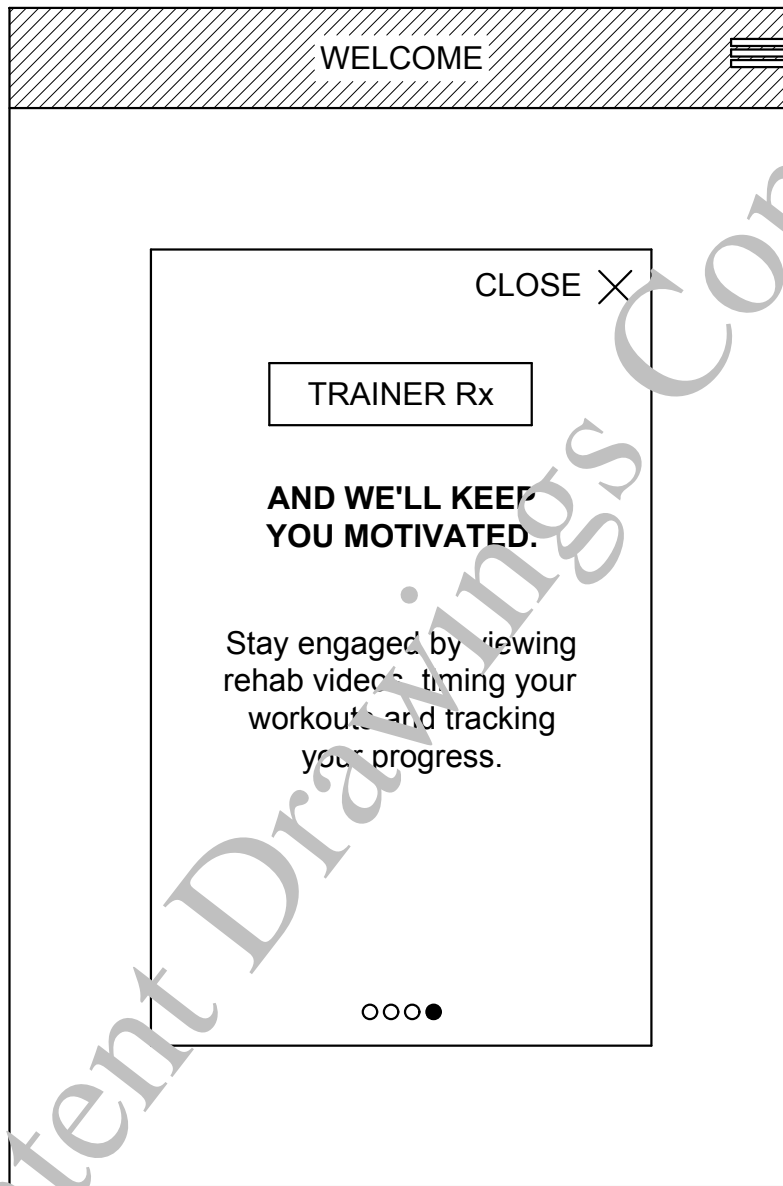


FIG. 4G

416

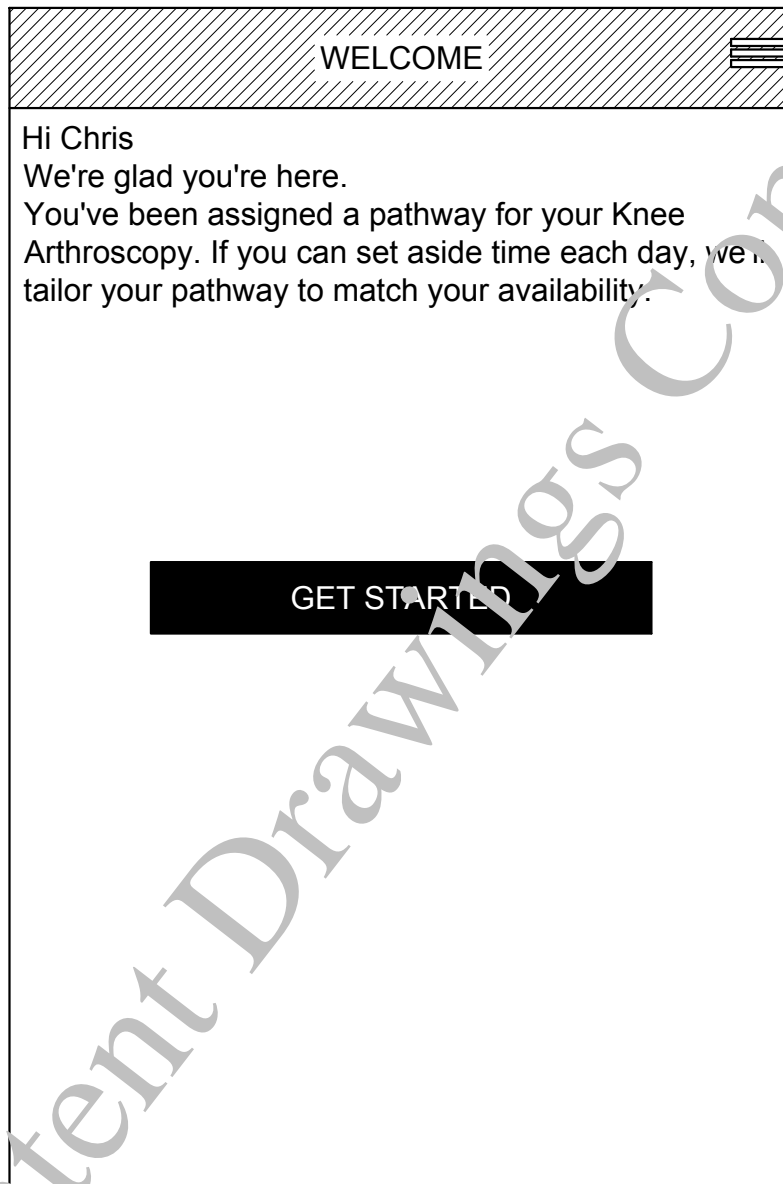


FIG. 4H

418

The screenshot shows a mobile application interface for setting reminders. At the top, there is a header bar with a diagonal hatched pattern, containing the text "GET REMINDERS" and a hamburger menu icon. Below the header, there is a paragraph of text: "Recovery is a daily commitment. Stay motivated with daily workout reminders. We promise never to share your phone number with anyone." This is followed by a text input field containing the placeholder text "Cell phone number (example: 415-555-1212)". Below the input field is the question "At what times do you want to receive reminders?". Underneath this question are three dropdown menus: the first contains "5", the second contains "30", and the third contains "PM". At the bottom of the form is a large black button with the word "NEXT" in white capital letters.

FIG. 4I

420

GOAL SETTING

We'll start with you long-term goal. This is something you want to achieve by the end of your recovery.

Type your goal here

Keep it simple for now. We'll set more goals later.

NEXT


FIG. 4J

422

LENGTH OF WORKOUT SESSION

We recommend at least 30 minutes per day.

10 20 30 45 60



We'll tailor your sessions to fit the time you have available. be realistic about what you can do. You'll need an additional 840 minutes per session to warm up.

NEXT

FIG. 4K

39/62

424

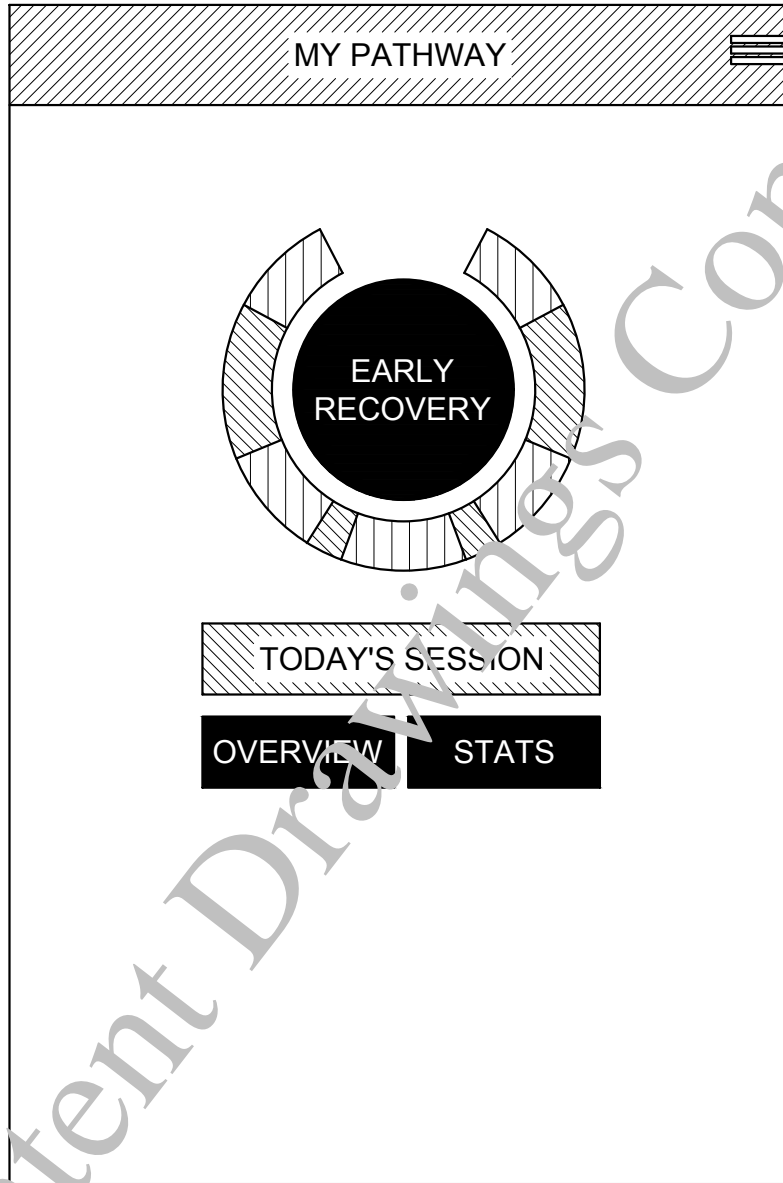


FIG. 4L

424

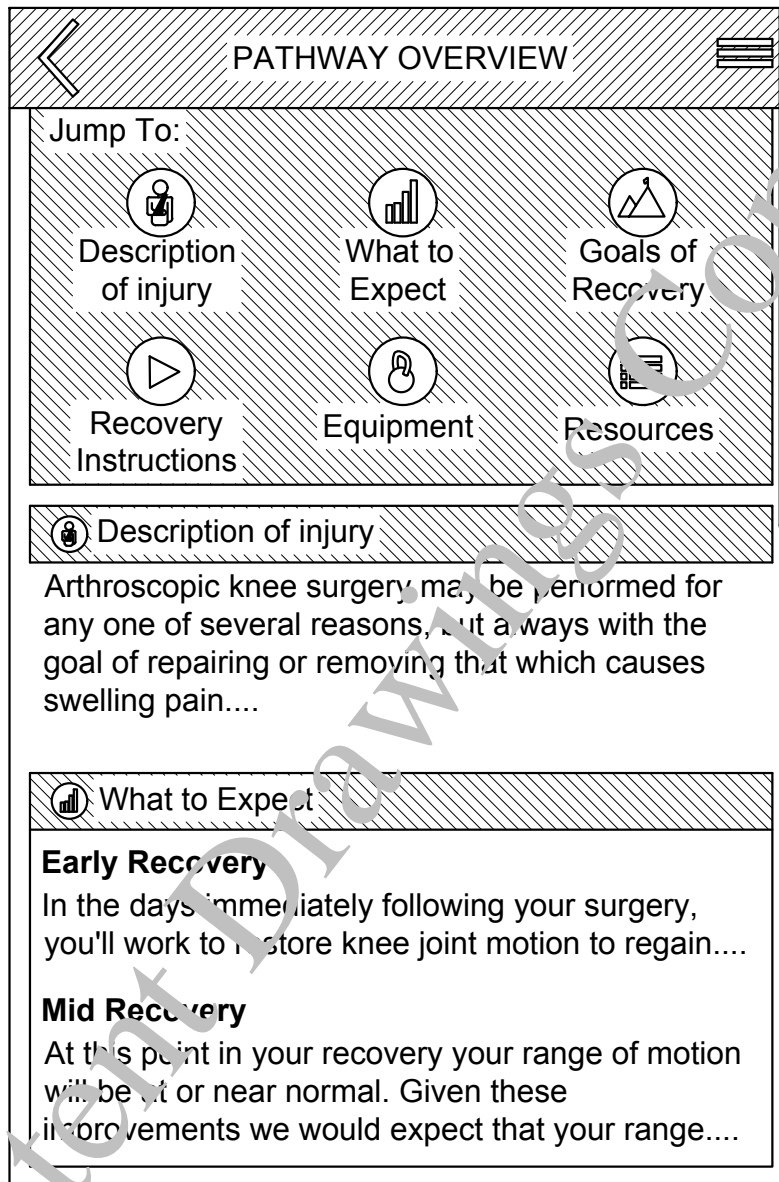


FIG. 4M

41/62

428



FIG. 4N

430

FACILITATED KNEE EXTENSION I

SETS	REPS	REST
1	10	0 sec/set

RECOMMENDED
05:00 total

TIMER
00:00:00

START
TIMER

SKIP

Description
An exercise intended to restore full extension following surgical treatment of knee.

Instructions

FIG. 40

43/62

432

HOW DID IT GO?

EASY	JUST RIGHT
TOO HARD	PAINFUL

FIG. 4P

434

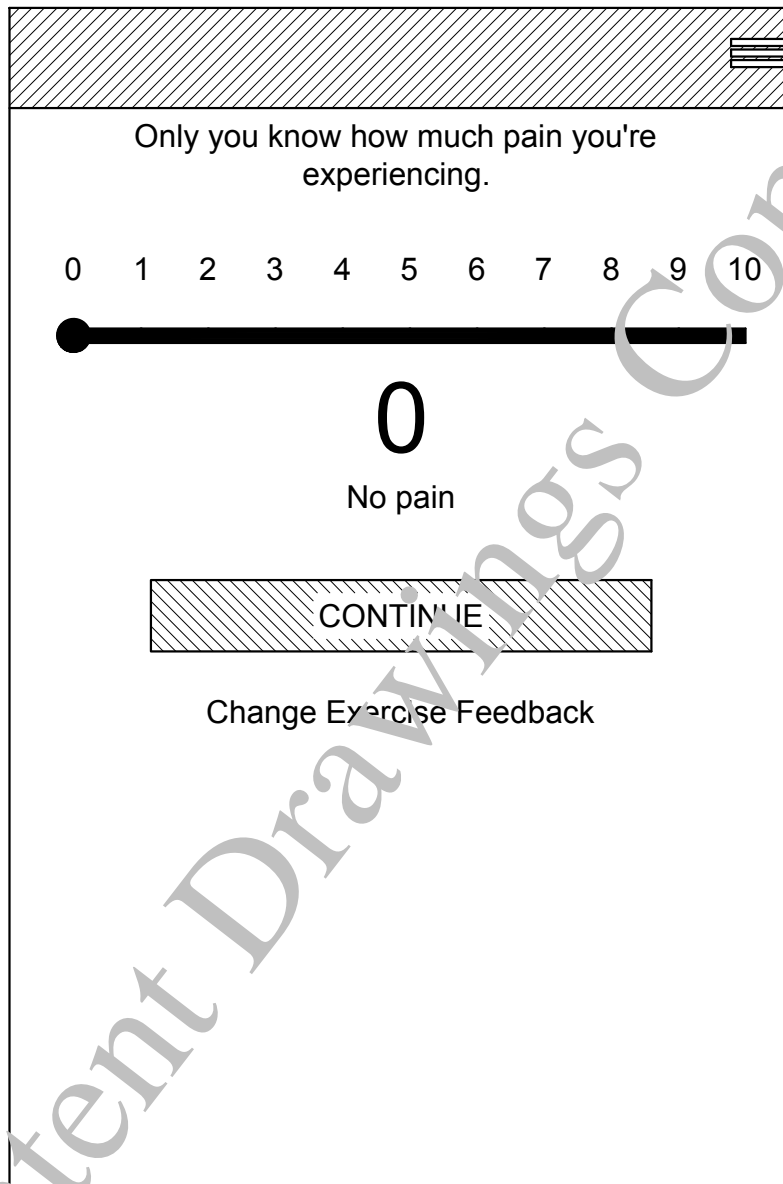


FIG. 4Q

45/62

436

PLEASE LET US KNOW WHY YOU SKIPPED THE EXERCISE.

TOO HARD	TOO PAINFUL
NO TIME	NO EQUIPMENT

Back to Exercise

The diagram shows a survey form labeled 436. It has a hatched header area. Below the header is the text 'PLEASE LET US KNOW WHY YOU SKIPPED THE EXERCISE.' In the center is a 2x2 grid of hatched boxes. The top-left box contains 'TOO HARD', the top-right 'TOO PAINFUL', the bottom-left 'NO TIME', and the bottom-right 'NO EQUIPMENT'. Below the grid is a button labeled 'Back to Exercise'. A small icon of a document with lines is in the top right corner of the form area.

FIG. 4R

46/62

438

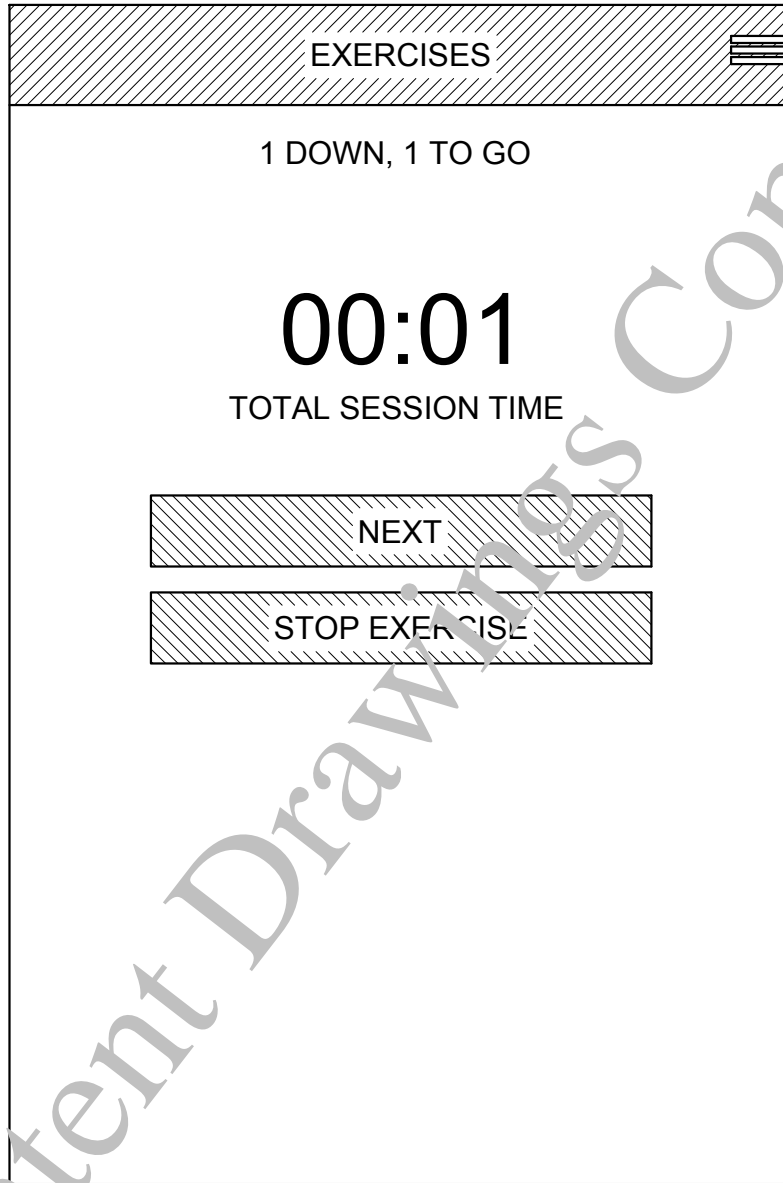


FIG. 4S

47/62

440

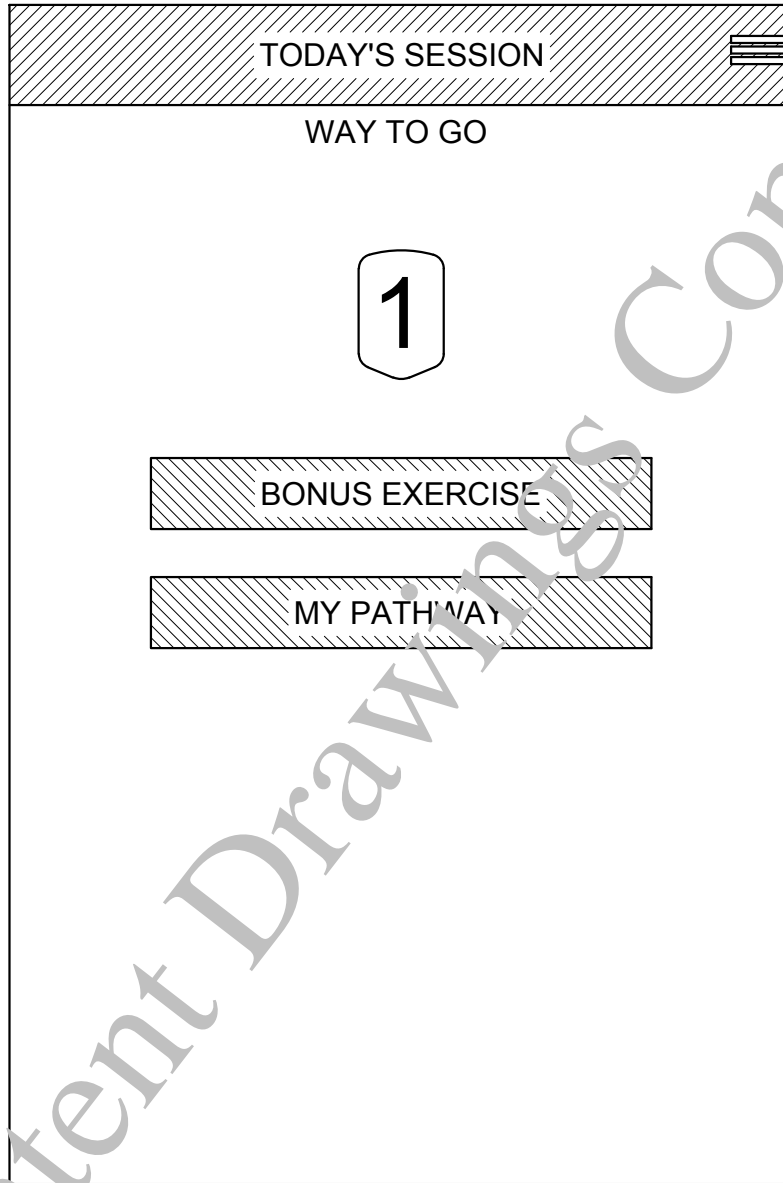


FIG. 4T

442

YOUR ANSWERS ARE CRITICAL

Your healthcare provider would like you to answer a series of important questions. Your responses will help your provider map your progress through recovery.

KNEE ARTHROSCOPY

Remind me later

FIG. 4U

49/62

444

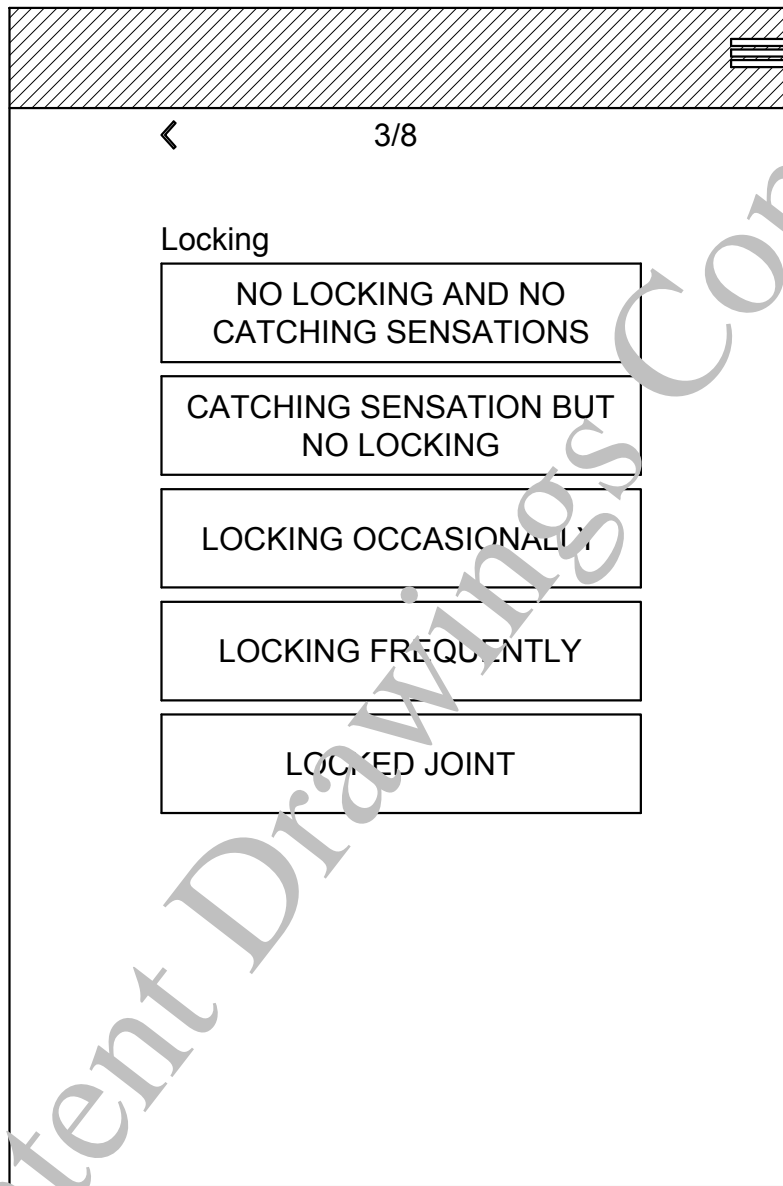


FIG. 4V

500

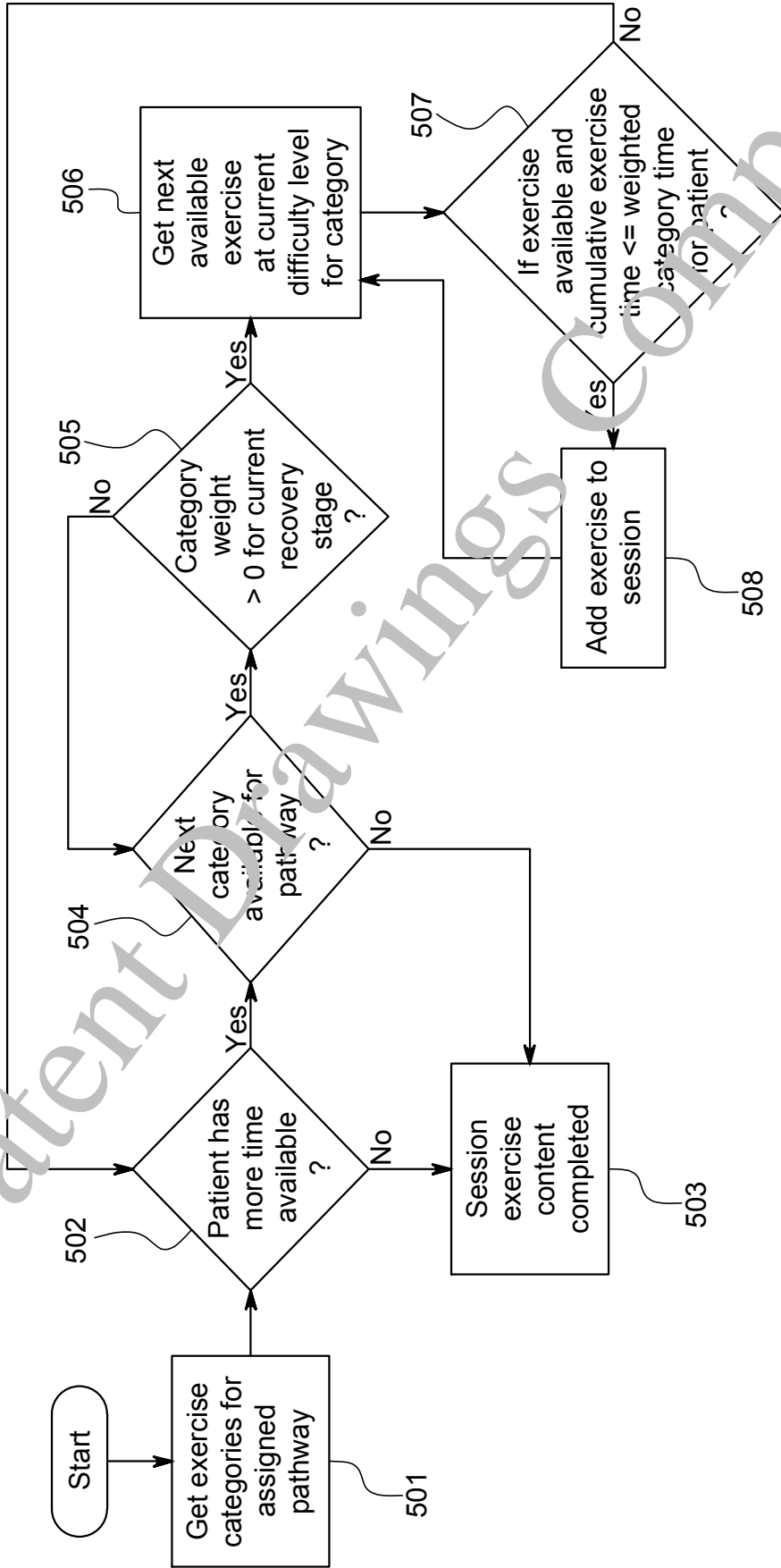


FIG. 5A

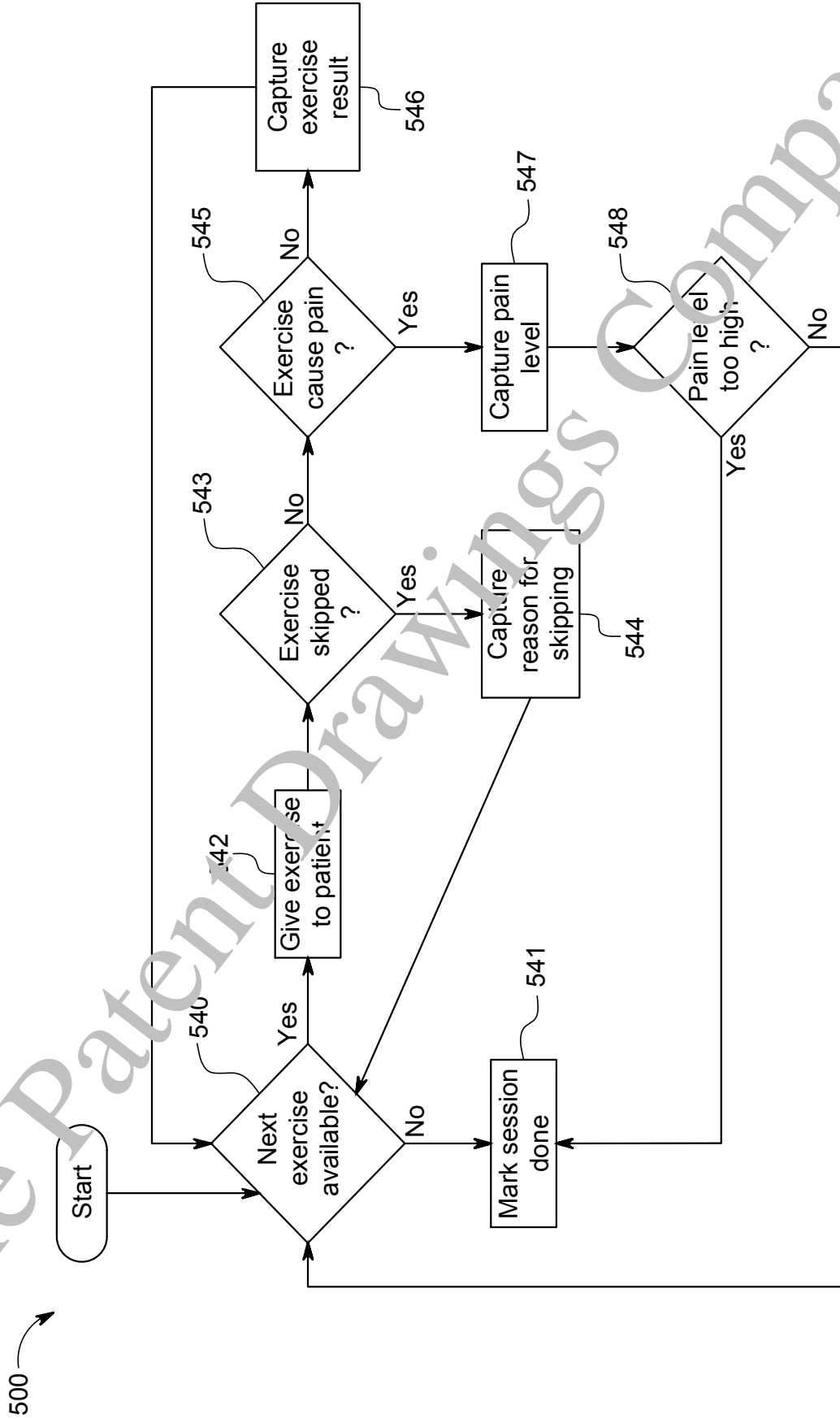


FIG. 5B

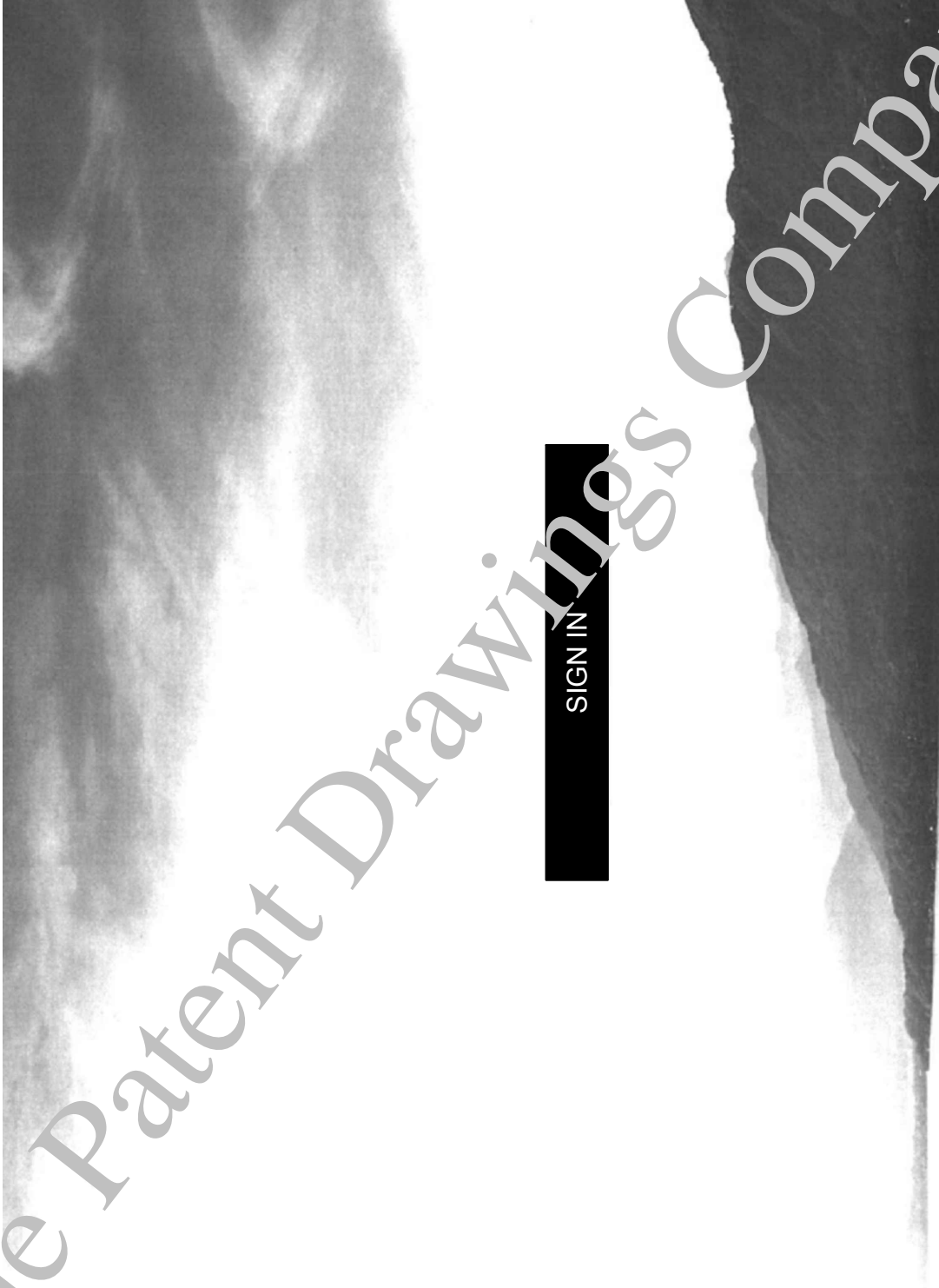


FIG. 6A

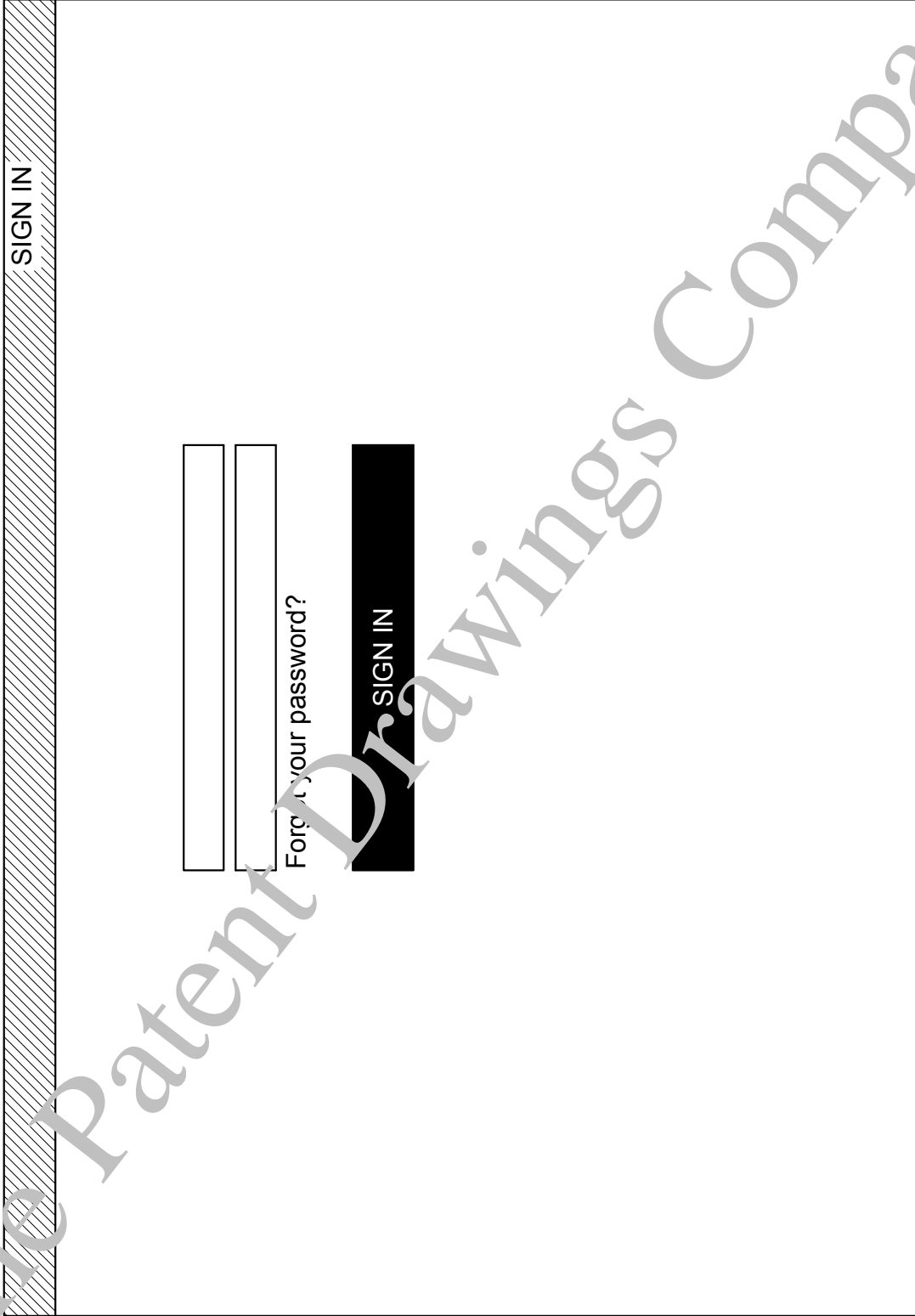


FIG. 6B

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MY PATIENTS		DOOGIE HOWSER	
Patient	Pathway	Added	Invitation
Trainer Rx (ear) Practice			
+			
Joe Bagger	Hamstring Strain	01/21/2015	Accepted
Janet Brighton	Knee Arthroscopy	02/27/2015	Accepted
John Camper	Rotator Cuff Tendinitis	03/04/2015	Invited
Elisa Counter	Ankle Sprain	02/11/2015	Accepted
Frank Dunley	Patellofemoral Pain Syndrome...	02/05/2015	Invited
Sandy Elisworth	Demonstration	09/22/2014	Accepted
Jay Nagaraja	Hamstring Strain	01/20/2015	Accepted
Sheryl Manson	Ankle Sprain	10/14/2014	Accepted
Bobby Mater	Hamstring Strain	02/11/2015	Accepted
Christoph Nielson	Ankle Sprain	04/03/2015	Accepted
David Okulist	Ankle Sprain	02/11/2015	Accepted
Bill Patrick	Knee Arthroscopy	02/27/2015	Invited
Mike Richie	Knee Arthroscopy	03/04/2015	Accepted
June Sanders	Conservative Management of...	04/02/2015	Accepted
Frank Schimmer	Ankle Sprain	09/16/2014	Accepted

FIG. 6C

PATHWAY CUSTOMIZATION		DOOGIE HOWSER				
Add Patient/Pathway						
First name:	<input type="text"/>					
Last name:	<input type="text"/>					
Email:	<input type="text"/>					
Date of injury:(if applicable): yyyy-mm-dd	<input type="text"/>					
Pathway:	<input type="text"/>					
Knee arthroscopy	<input type="text"/>					
Date of surgery: yyyy-mm-dd	<input type="text"/>					
<input type="button" value="Add Patient"/>						
<input type="button" value="April 2015"/>						
Su	Mo	Tu	We	Th	Fr	Sa
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

FIG. 6D

PATIENT DASHBOARD
DOOGIE HOWSER ▾

Patient: ANET BRIGHTON

Email: JB@EXAMPLE.COM

Pathway: Knee Arthroscopy

Progress

Show Log

Date of Surgery: 04/03/2015

Reminders: 3

Instructions: Default

FREHAB ROM 1 STRENGTH 1

100%

28
10m
5.0h
0

Early Recovery

7 of 7 successful sessions

Mid Recovery

14 of 14 successful sessions

Late Recovery

3 of 20 successful sessions

Back In Action

00:00

3:54:30

1:04:00

00:00

Exercises

Completed	Remaining
<input type="checkbox"/> Quad Set	<input type="checkbox"/> Straight Leg Raise
<input type="checkbox"/> Hamstring Str...	<input type="checkbox"/> Stand Arc Quad
<input type="checkbox"/> Facilitated Knee...	<input type="checkbox"/> Hip Adduction
<input type="checkbox"/> Knee Slides	<input type="checkbox"/> Hip Adduction
<input type="checkbox"/> Fu Arc Quad	<input type="checkbox"/> Prone Hip Exten...
<input type="checkbox"/> Mn Squats	<input type="checkbox"/> Ankle Pumps
<input type="checkbox"/> Standing Terminal...	<input type="checkbox"/> Standing Hip Add...
<input type="checkbox"/> Facilitated Knee...	<input type="checkbox"/> Standing Hip Add...
<input type="checkbox"/> Achilles/Calf St...	<input type="checkbox"/> Barred straight...
<input type="checkbox"/> Hamstring Str...	<input type="checkbox"/> Step Ups
<input type="checkbox"/> Step Downs	<input type="checkbox"/> Weight Shifting
	<input type="checkbox"/> Quad Stretching

FIG. 6E


DOOGIE HOWSER ▾		
STABILITY BALL KNEE EXTENSION		
		
SETS	REPS	REST
3	10	30 sec/set
RECOMMENDED	TIMER	
02:30	00:00:00	
DESCRIPTION		

FIG. 6F

PATIENT SESSIONS		DOOGIE HOWSER	
Janet Brighton			
Knee Arthroscopy			
Successful Sessions			
Category	Difficulty 1	Difficulty 2	Difficulty 3
Supporting procedures	0	0	0
Proprioception	0	0	0
range of motion	14	1	0
strengthening	14	8	0
Stretching	9	0	0
Session 1 (available: 20:00, estimated: 22:00, performed: 00:00)			
Date	Exercise	Category	Priority
	Facilitated Knee Extension I	range of motion	51
	Heel Slides	range of motion	52
	Ankle Pumps	supporting procedures	59
2015-03-03	Hamstring Stretch I	stretching	1
	Quad Set	strengthening	8
	Hamstring Set	strengthening	9
			Result
			VAS Estimated
			Performed
			05:00
			05:00
			01:30
			02:00
			03:30
			02:30

FIG. 6G

← EDIT PATIENT →	DOOGIE HOWSER
Update Knee Arthroscopy For Robin Bousquet	
Date of surgery (if applicable):	
2015-04-03	
Date of injury (if applicable):	
2015-04-03	
Session per day	
3	
Mandated Early Session Length (minutes):	
0	
Instructions:	
Diet advance as tolerated	
Precautions & Warnings:	
Notify your physician's office if you notice	
* excessive drainage, redness around the incision	
* increasing pain with time	
<input type="button" value="DELETE"/>	<input type="button" value="UPDATE"/>

FIG. 6H

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PATHWAY		DOOGIE HOWSER	
Pathway Name	Duration	Session Time	
Acl Reconst. Junction	260	20	
Achilles Tendon Repair	200	20	
Adhesive Caosulitis	52	30	
Ankle Sprain	30	30	
Carpal tunnel Release	0	20	
Conservative Management of Low Back Pain	56	20	
Demonstration	4	10	
Distal Clavicle Resection	0	20	
Hamstring Strain	4	20	
Knee Arthroscopy	61	20	
Knee Arthroscopy I	61	20	
Lateral Epicondylitis - "Tennis Elbow"	48	20	
Medial Epicondylitis - "Golfer's Elbow"	48	20	
Meniscal Repair	180	20	
PCL - Conservative Care	0	20	
Patellofemoral Pain Syndrome (PFPS)	52	20	
Plantar Fasciitis	55	20	

FIG. 6I

PATHWAY OVERVIEW		DOOGIE HOWSER
<p>Knee Arthroscopy</p> <p>Arthroscopic knee surgery may be performed for any one of several reasons, but always with the goal of repairing or removing that which causes swelling, pain or impairment. Once the surgery has been performed, the patient is involved in a course of rehabilitation intended to restore the knee to its pre-injury state. The exercises and activities in this pathway have been selected to assist in achieving that purpose.</p>		<p>Total Sessions: 61</p> <p>Recommended Session Time: 20:00</p>
<p>Jump to:</p> <p>Week 1</p> <p>Week 2</p> <p>Week 3</p> <p>Week 4</p> <p>Week 5</p> <p>Week 6</p> <p>Week 7</p> <p>Week 8</p> <p>Week 9</p>	<p>Session 1</p>  <p><u>Gluteal Sets</u> Sets: 3 Reps: 10</p>  <p><u>Quad Set</u> Sets: 3 Reps: 10</p>  <p><u>Ankle Pumps</u> Sets: 2 Reps: 20</p>  <p><u>Heel Slides</u> Sets: 1 Reps: 10</p>  <p><u>Facilitated Knee Extension</u> Sets: 1 Reps: 10</p>	<p>Total Recommended Time: 19:00</p> <p>Recommended Time: 04:00</p> <p>Recommended Time: 03:30</p> <p>Recommended Time: 01:30</p> <p>Recommended Time: 05:00</p> <p>Recommended Time: 05:00</p>
<p>Session 2</p>  <p><u>Supine Hip Abductor/Adductor</u> Sets: 3 Reps: 10</p>  <p><u>Quad Set</u> Sets: 3 Reps: 10</p>  <p><u>Ankle Pumps</u> Sets: 2 Reps: 20</p>	<p>Total Recommended Time: 17:30</p> <p>Recommended Time: 02:30</p> <p>Recommended Time: 03:30</p> <p>Recommended Time: 01:30</p>	

FIG. 6J

PATHWAY CUSTOMIZATION	DOOGIE HOWSER
<p>Knee Arthroscopy Add/Remove Pathway Exercise</p> <ul style="list-style-type: none"> <input type="checkbox"/> Achilles/Calf Stretch IV <input type="checkbox"/> Quad Set <input type="checkbox"/> Supine Hip Abduction/Adduction <input type="checkbox"/> Gluteal Sets <input checked="" type="checkbox"/> Hamstring Set <input type="checkbox"/> Facilitated Knee Extension I <input type="checkbox"/> Heel Slides <input type="checkbox"/> Ankle Pumps <input type="checkbox"/> Hamstring Stretch I <input type="checkbox"/> Lateral Step Ups <input type="checkbox"/> Clamshells <input checked="" type="checkbox"/> Standing Straight Leg Raise <input type="checkbox"/> Mini Squats <input type="checkbox"/> Standing Terminal Knee Extensions (TKEs) <input type="checkbox"/> Prone Hip Extension II <input type="checkbox"/> Standing Hip Abduction <input type="checkbox"/> Standing Hip Abduction <input type="checkbox"/> Step Ups <input checked="" type="checkbox"/> Facilitated Knee Flexion VI <input type="checkbox"/> Facilitated Knee Extension II <input type="checkbox"/> Weight Shifting <input type="checkbox"/> Patellar Mobilizations <input type="checkbox"/> Hamstring Stretch II <input type="checkbox"/> Achilles/Calf Stretch I <input type="checkbox"/> Quad Stretch I <input type="checkbox"/> Hip Abductor Stretch <input type="checkbox"/> Hip Abductor Stretch I <input type="checkbox"/> Hip Flexor Stretch <input type="checkbox"/> Hip Rotator Stretch <input type="checkbox"/> Banded Clamshells <input type="checkbox"/> Step Downs 	<p>Edit: Surgical Pathway Parameters Mandated Early Session Length (Minutes):</p> <div style="border: 1px solid black; padding: 2px; width: 50px; margin-bottom: 10px;">20</div> <p>Postoperative Instructions:</p> <div style="border: 1px solid black; padding: 2px; margin-bottom: 10px;">Diet Advance as tolerated</div> <p>Postoperative Precautions & warnings:</p> <div style="border: 1px solid black; padding: 2px; margin-bottom: 10px;"> . Notify your physician's office if you notice: . Excessive crainage, redness around the incision </div> <div style="border: 1px solid black; padding: 2px; text-align: center; width: 50px; margin-bottom: 10px;">UPDATE</div>

FIG. 6K

