

ACL-SPORT

Table 1. Exercises performed by each group as part of this study⁶

Group(s) performing		Sessions 1-3	Sessions 4-6	Sessions 7-10
Training program (SAP and SAP+PERT)⁶	Nordic Hamstrings	2x5 (~30-45°)	3x5 (~30-45°)	3x5 (~60°)
	Standing Squat (Bilateral to 90°)	Session 1: 3x10 focusing on proper technique Session 2 and 3: Add green or blue (per physical therapist discretion) theraband around knees	3x10 progression to black theraband around knees	Not performed
	Drop Jump	3x10 Taking off and landing bilaterally Step height progresses as appropriate for the athlete from 4 to 6 to 8 inches tall	3x10 Taking off bilaterally, landing on the involved limb Step height progresses as appropriate for the athlete from 4 to 6 to 8 inches tall	3x10 Taking off and landing on the involved limb Step height progresses as appropriate for the athlete from 4 to 6 to 8 inches tall
	Triple Single Leg hopping	Forward/backwards (3 hops forward, 3 hops backwards) x10 Side to Side (3 consecutive hops laterally) x10 Overground	Forward/backwards (3 hops forward, 3 hops backwards) x15 Side to Side (3 consecutive hops laterally) x15 Over a low object approximately 2 inches high (such as cup or low cone)	Forward/backwards (3 hops forward, 3 hops backwards) x15 Side to Side (3 consecutive hops laterally) x15 Over an object the height appropriate for the patient such as 4 in cones or 6 in hurdles
	Tuck Jumps	Not performed	Not performed	2 sets for 10-20 seconds Progressing to 3 sets for 20-30 seconds
SAP Only	Single-leg balance with hip flexor resistance	3 x 30 seconds	3 x 45 seconds	3 x 1 minute
SAP+PERT Only	Perturbation Training (Appendix A)^{6,12} Progressed according to athlete response, not by treatment session number -As athlete progresses the speed of perturbations is increased -Perturbations begin in anterior/posterior and medial/lateral and are advanced to include rotations			
	Roller board	Double limb support Single limb support in parallel bars Single limb support out of parallel bars		
	Roller board and stationary platform (one foot on roller board one foot on platform)	Perturbations with feet parallel to each other in a straddle stance Add perturbations with feet in a diagonal stance Add functional task during perturbations		
	Tilt board	Double limb support Single limb support Add functional task during perturbation		