

Paul McCormac's Rehab Ladder

PLAY

Tried & tested – only fails because you rush it or do other things outside the ladder – safest fastest way back – faster you go though will carry greater risk of re-injury!

Fitness test : ball return drill
20 balls : high / low / chest etc

Sprint off end line to return ball to trainer over 30-40m / jog back

Add 6 x 40m accel runs

Add in 10 x 13 m shuttle runs

6 x 13 + 6 x 22 accel runs + training sub sprint

6 x 13 accel runs + all sub sprint team work

Accel runs : all about going up thro gears : 70% / 80% / 100% etc

warm up with team / ball work / 3 x $\frac{3}{4}$ try 3 x 13m accel runs

You will think at this stage that you can play – but you need more work or muscle-tendon will fatigue and go again!

3x $\frac{1}{2}$ pace + 6 x $\frac{3}{4}$ + ball work + 15mins kick & catch

3x $\frac{1}{4}$ + 6 x $\frac{1}{2}$ pace across & if no reaction all club non competitive ball work

Warm up $\frac{1}{2}$ prev \Rightarrow 6 x $\frac{1}{4}$ across pitch & if good 2 laps jog / recovery strategies

No pain walking \Rightarrow 6 x jog across pitch / if clear try lap x 1-2 / stretching / ?ice bath

Traffic Lights:

Green: no pain - move up level

Amber : discomfort - stay level

Red: pain - move down level

Each session add \nearrow

1-2
3
4+
weeks \nearrow

INJURY