

Return to Snow Progression Protocol

Months 3 to 5:

1. Goals:
 - a. Muscle Girths within 2-3 cm
 - b. Full ROM (140)
 - c. Plyo Progression with no pain/problems
 - d. Complete Return to Running / Sprinting Progression

2. Activities:
 - a. Introduce / Complete Micro Plyo → Plyometric Progression
 - b. Advanced Gait / Sprinting mechanics
 - c. Advanced Neurocognitive Activities
 - d. Sports Specific Controlled Skill Movements

3. Benchmarks:
 - a. Y Balance: expect PL/PM measures to be within 4 cm prior to initiating plyometrics, jumping, or hopping.
 - b. IPRRS (Psychological Readiness for Return to Sport) Questionnaire
 - c. IKDC Questionnaire on knee function
 - d. Hop Test:
 - i. Within 90% symmetry SL Triple Cross over hop for Distance

4. Criteria to Progress to Next Stage:
 - a. Single leg Jump Test:
 - i. Within 90% symmetry SL Static Hop for Distance
 - b. USTART: pass Double leg Jump Competency
 - c. Force Plate:
 - i. symmetry of 90% strength (Rel. Peak Force)
 - ii. minimum of 90% previous best strength



Months 4 to 6:

1. Goals:
 - a. Eliminate deficiencies / modifications to move to full training as able
 - b. Training goals to meet full RTS criteria
2. Activities:
 - a. Agility
 - b. Advanced Plyometrics
 - c. Eccentric Hamstrings ++
 - d. Deficit work as needed
 - e. Progressive Sport Specific Controlled Movements
3. Criteria to Progress to Next Stage:
 - a. Y Balance: <4cm difference in all planes
 - b. Girth Measures within 2cms at each site
 - c. Force Plate Testing*: equivalent to demonstrating
 - i. symmetry of 90% strength (Rel. Peak Force)
 - ii. minimum of 90% previous best strength
 - iii. minimum of 90% symmetry in power
 - iv. minimum of 90% previous best strength
 - d. Pass Assessment of Drop Jump for form
 - e. Physician and Rehab Team Clearance

Return to Snow Progression:

- A:
 - Full, non-modified dryland training: 4 weeks
 - Ski Simulator if available
 - B:
 - Introduction to Skiing (Ski School)
 - 12 days on snow of drill based fundamental skiing progression
1. Goals:
 - a. Build back to skiing with robust “pre-season” training block.
 - b. Continue to improve fundamental ski skills
 2. Criteria to Move to Next Stage:
 - a. Total of 12 days of Ski School
 - b. No Pain, Swelling or other adverse effects with skiing
 3. Force Plate Testing*: equivalent to demonstrating
 - i. symmetry of 92% strength (Rel. Peak Force)
 - ii. minimum of 92% previous best strength
 - iii. minimum of 92% symmetry in power
 - iv. minimum of 92% previous best strength
 - b. Maintain all previous criteria

Return to Training:

1. Progression into Gate Training to Restoration of Full Volume and Intensity of Training.
2. Accumulate a load equivalent to 50% of typical Pre-Season volume

**Clearance determined by Dr. Harrison, Rehab Team, and Coaches
that the athlete is ready to return to competition.**

Surgery - Rehab - Return to Train - Return to Sport - Return to Competition Progression