

Men's/Women's Lacrosse Specific Exercise Progression

Name of Athlete: _____

Date symptom-free: _____

	EXERCISE	DATE	COMPLETED / COMMENTS	
Stage 1	<p><i>Goal is to reach 30-40% of maximum heart rate</i></p> <p>Walking at 2.5 mph or Riding a stationary bike for 20-30 minutes.</p>		YES NO	<i>Supervisor's initials</i>
Stage 2	<p><i>Goal is to reach 40-60% of maximum heart rate</i></p> <p>Jogging (medium pace) for 20-30 minutes Sit-ups x 25, Push-ups x 20, Lunge walks x 20</p>		YES NO	<i>Supervisor's initials</i>
Stage 3	<p><i>Goal is to reach 60-80% of maximum heart rate</i></p> <p>Running (fast pace) for 20-30 minutes, Sit-ups x 50, Push-ups x 30, Lunge walks x 30. Practice individual drills for 15 minutes. Emphasize footwork. Stickwork can include air passing, ground passing, ground scoops, and goal shots. Wear helmet. No hitting sticks or touching another player.</p>		YES NO	<i>Supervisor's initials</i>
Stage 4	<p><i>Goal is to reach 80% of maximum heart rate</i></p> <p>Participate in Non-Contact practice drills: Warm up (jogging/stretching 10-20 minutes) and practice team drills for 45-60 minutes total. Can include drills from Stage 3, no hitting sticks or touching another player. Burpees with a jump X 10. Wear helmet.</p>		YES NO	<i>Supervisor's initials</i>
	<i>Return for final office visit to obtain full clearance</i>			
Stage 5	<p><i>Goal is to reach full exertion.</i></p> <p>Participate in full-contact practice. Can resume all activity. Wear helmet & pads as usual</p>		YES NO	<i>Supervisor's initials</i>
Stage 6	<p><i>Goal is to reach & maintain full exertion.</i></p> <p>Resume full participation in competition</p>		YES NO	<i>Supervisor's initials</i>