

RETURN 2 PLAY

ACL AND LOWER EXTREMITY BRIDGE PROGRAM

The Athletic Republic ACL and Lower Extremity Bridge Program transitions the athlete between physical therapy discharge and functional, recreational, return to play independence.

Our programming makes sure that any athlete or individual looking to return to their full range of physical activity is in the best physical shape to do so, safely and effectively.

Each session is personalized to our client's abilities providing a step-by-step progression with each stage becoming more challenging in a progression that builds upon itself within a timeline based solely on the needs of the individual.

FORWARD AND BACKWARD RUNNING

Forward incline running to help improve speed and flexibility while (re)teaching proper running mechanics. Backward incline running advances motor control and improves functional strength without placing undue stress on the ACL graft.

PLYOMETRICS

Progressive protocols to challenge the athlete's coordination and foot speed, improving neuromuscular efficiency and spatial awareness.

MULTI-DIRECTIONAL MOVEMENTS

Improve body awareness, reinforce proper mechanics, and enhance the neuromuscular pathways for sport-specific movements.

STRENGTH TRAINING

Personalized programing to target the muscle groups supporting the hip girdle, hamstrings and abdominals

**Call (862) 419-9111 or Email info@arrandolphnj.com
to setup your FREE assessment**

**20 Route 10 West, Succasunna, NJ 07876 • (862) 419-9111
info@arrandolphnj.com • ARRandolphNJ.com**