

Quadriceps Rehabilitation Ladder (Heart & Lungs)

The heart and lung ladder builds up stamina. To rebuild muscle strength use the strength ladder. The two ladders may be used in parallel. Competitors in power events should concentrate on strength, whilst speed and endurance competitors should use the heart and lungs ladder. Competitors in most ball games will use both ladders.

10	Fit again. Play at normal grade
9	Start play. Begin in easy low-grade match
8	Sprint 6 x 100 metres full speed
7	Run three-quarter speed 6 x 100 metres. Do not increase stride length beyond your normal range i.e. do not bound
6	Bike routine. Maintain the knee over the foot.
5	Run half speed 6 x 100 metres
4	Extend trot/jog 6 x 100 metres normal jogging pace.
3	Trot 6 x 100 metres with normal strides, almost running like a warm-up trot.
2	Rowing and swimming routine. With knee problems keep the knee vertical over the foot. Avoid breaststroke for knee and sacroiliac joint problems. Only back stroke may be appropriate for back extension pains.
1	Patter and skipping routine.