



Functional Progression Program

	Test	Need	Instructions
1	Walk		Normal gait
2	Bilateral Heel Raise		No hand hold assist; lift both heels; 10 reps
3	Bilateral Toe Raise		No hand hold assist; lift both toe regions; 10 reps
4	Stand Squat		No hand hold assist; do not allow valgus; cue/demo to improve form; 10 reps
5	Single Leg Heel Raise		Same as #2 ; one-leg; no hand assist; keep balance; 10 reps
6	Single Leg Toe Raise		Same as #3 ; one-leg; no hand assist; keep balance; 10 reps
7	Single Leg Squat		Same as #4 ; one-leg; no hand assist; keep balance; 10 reps
8	Tuck Jump		Stand on both feet; shoulder width apart
			Tuck knees to get thighs to parallel to floor
			Land soft (balls of feet); no valgus; repeat with cueing, if necessary
9	Single Leg Hop 6" Above Reach	Tape 6" Above Overhead Reach	Measure 6" above standing bilateral reach on wall, mark with tape
			Start and maintain on one-leg throughout
			Jump, touch line with both hands
			Repeat 10 reps without pausing at the bottom of the jump
10	1 Mile Jog		On treadmill, walk three minutes first at 2.5 to 3.0 MPH ; client chooses comfortable hard pace; watch form (use Dartfish if available)
11	0.1 Mile Run		Same as #10 ; walk 3 to 5 minutes after one mile run; get up to speed and hold for 0.1 mile
12	Shuttle Run Forward	Tape at 15' and 30'	Put tape down as starting point; measure and mark 15' and 30'
			Use stopwatch to record time from first movement → finish
		Stopwatch	Start facing windows; face this direction at all turns
			Must touch ground at all turns
		Run → touch ground 15' (facing pond) → return to start → repeat to 30'	

13	Shuttle Run Forward/ Backward	Tape at 15' and 30'	Same as #12; but transition to running backward after touching ground to return to start	
		Stopwatch	Use stopwatch to record time from first movement → finish	
14	Broad Jump (Inches)	Tape Measure	Start toes just behind line → static at start → stick landing	
			Record in inches, tape line to most back heel	
15	1-Leg Broad Jump (Inches)	Tape Measure	Same as #14; must start and end on one leg; must stick landing; no double hop	
			Measure line to heel; needs 90 percent of uninjured to pass	
16	1-Leg 18' Hop Test for Time (Sec)	Tape at 18'	Mark off a tape line 18' away from start line; start on one leg behind tape line	
			Stopwatch	Quickly hop from one line through the other, stay on one foot whole time
				Start time on first movement; record in seconds; must achieve 90 percent of uninjured side
17	1-Leg Triple Hop Test (Inches)	Tape Measure	Same as #15; perform three consecutive jumps without pause between jumps	
			Other foot must not touch until after landing is stuck	
			Measure distance in inches; line to heel; 90 percent of uninjured to pass	
18	1-Leg Crossover Triple Hop Test (Inches)	Tape Measure	Same as #17; but include a longitudinal tape line; client must start on one side and each consecutive jump	
			Longitudinal Tape Line	ie.: For right foot: start on right side of line, jump to left of line, then right, end on left side
				Measure along longitudinal line from start line to heel at landing in inches
			95 percent of uninjured to pass	

Sport-specific Movements: Perform positions/activities specific to sport for the individual (ie.: Catcher needs to be able to maintain squat and go to knees).