

KICKING REHAB PROGRAM

- A gradual graded progressive kicking program to progress to kicking sports after a lower limb injury.
 - WARM UP – leg stretches & your specific loading exercises.
 - If time allows: kick day on / day off - not 2 days in a row.
 - Complete a level without pain / tearing / pulling / tightness / worsening, & with no swelling or soreness on the following day, before progressing to the next level. If you have pain etc during a stage, or pull up sore the next day: stop, ice, take a full 24 hours off & re-attempt the same stage again.
-

LEVEL 1 | 10 kicks | 50M

- 10 X 5M gentle
- Day off
- REPEAT

LEVEL 2 | 20 kicks | 100M

- 2 sets of 10 X 5M gentle
- Day off
- REPEAT

LEVEL 3 | 30 kicks | 200M

- 2 sets of 10 X 5M gentle
- 10 X 10M
- Day off
- REPEAT

LEVEL 4 | 30 kicks | 400M

- 2 sets of 10 X 10M
- 10 X 20M
- Day off
- REPEAT

LEVEL 5 | 50 kicks | 500M

- 3 sets of 10 X 10M
- 2 sets of 10 X 20M
- Day off
- REPEAT

LEVEL 6 | 50 kicks | 800M

- 2 sets of 10 X 10M
- 3 sets of 10 X 20M
- Day off
- REPEAT

LEVEL 7 | 70 kicks | 1200M

- 3 sets of 10 X 10M
- 3 sets of 10 X 20M
- 10 X 30M
- Day off
- REPEAT

LEVEL 8 | 70 kicks | 1300M

- 10 X 10M
- 3 sets of 10 X 20M
- 2 sets of 10 X 30M

LEVEL 9 | 80 kicks | 1600M

- 2 sets of 10 X 10M
- 4 sets of 10 X 20M
- 2 sets of 10 X 30M

LEVEL 10 | 70 kicks | 1800M

- 10 X 10M
- 2 sets of 10 X 20M
- 3 sets of 10 X 30M
- 10 X 40M

LEVEL 11 | 65 kicks | 1950M

- 10 X 10M
- 10 X 20M
- 2 sets of 10 X 30M
- 2 sets of 10 X 40M
- 5 X 50M

LEVEL 12 | 60 kicks | 1900M

- 10 X 10M
- 10 X 20M
- 10 X 30M
- 2 sets of 10 X 40M
- 10 X 50M

LEVEL 13 | 70 kicks | 2400M

- 10 X 10M
- 10 X 20M
- 10 X 30M
- 2 sets of 10 X 40M
- 2 sets of 10 X 50M

LEVEL 14

- RETURN TO FULL TRAINING
– COMPLETE 3 FULL TRAINING
SESSIONS BEFORE PLAYING