

RETURN 2 PLAY

ACL BRIDGE PROGRAM

The Athletic Republic ACL Bridge Program bridges the gap 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.

This program evolved by combing the latest in ACL rehabilitation with our state-of-the-art technology. 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.

During the evaluation process the athlete will undergo an initial evaluation to provide specific data on the symmetry of both sides of the body.

The step-by-step protocol progression over a 3-month period challenges athletes with:

FORWARD AND BACKWARD RUNNING: Forward incline running helps with body condition, improves 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: Our progression of plyometric protocols challenge the athlete's coordination and foot speed, while improving neuromuscular efficiency and spatial awareness.

AGILITY and MULTI-DIRECTIONAL MOVEMENTS: These drills are designed to improve body awareness, reinforce proper mechanics, and enhance the neuromuscular pathways for sport-specific movements.

STRENGTH TRAINING: This personalized strength program targets the muscle groups supporting the hip girdle, hamstrings and abdominals and incorporates our MultiHip and PlyoPress machines.



CLASS TIMES

MONDAY – SATURDAY by appointment

PRICING

25-pack \$75 per session
\$625 per month (3 month contract)

CALL TO BOOK TODAY

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