

3 – 6 months			Start open kinetic chain hamstring work, adding resistance, speed of contraction and reps as progression. Swimming – pool running Early plyometrics Light agility work	Hamstring strength 80% of contra lateral Eccentric control equal to contra lateral
6 -9 months			Sport specific training Running Non-predictable agility training Plyometric training	Prepare for full return to sport Proprioception equal to contra lateral Strength and control Equal to contra lateral
From Month 9			Return to sport	Unrestricted confident Function Symptom free training