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RETURN TO HOCKEY PROGRAM

Guidelines:

- All skills should be performed in the presence of an Athletic Trainer, Physical Therapist, or qualified coach to stress proper mechanics.
- The athlete must pass all functional tests on a field or basketball court before progressing to the ice rink.
- Only complete one phase per day.
- The athlete should ice the affected extremity for 20 minutes following the activity.
- The athlete should only progress to the next Step of each Phase if he/she is able to complete the current Step without pain or difficulty.
- The athlete may progress through the Steps and Phases as tolerated, under the direction of a Physical Therapist or Athletic Trainer.
- Emphasis should be placed on developing and maintaining proper mechanics without developing symptoms.

Phase 1: Functional Tests

1. Fast paced walk the length of the court.
2. Jogging high knees to half court.
3. Forward lunge back to baseline from half court.
4. Jog down the court and back, 2X
5. Side lunge half quart and back.
6. $\frac{3}{4}$ speed sprint length of court, down and back.
7. Full speed sprint length of court, down and back, 2X
8. Diagonal hops, half court and back.
9. "Suicide" line touches at $\frac{3}{4}$ speed.
10. "Suicide" line touches at full speed.
11. Agility ladder drills

Phase 2: Getting back on the Ice without hockey stick

1. 10 minutes of easy skating, progressing to half speed.
2. Diagonal push offs from corner to half ice, laterally across to opposite corner, laterally back to starting corner - 2X *See Drill B on page 3.

3. Stopping from Full Speed, blue line to center line - 2 X 10
4. Accelerate while skating backwards, length of ice.
5. Figure 8's around full ice rink, utilizing both directions 3X at $\frac{3}{4}$ speed, then 3X at full speed. *See Drill E.
6. Full speed cutting forward and backwards, length of ice – 2X *See drill F.

Phase 3: Repeat Phase 2 with hockey stick.

Shooting drills:

1. 5 shovel shots (simply a shoveling motion to push the puck in the desired direction).
2. 10 wrist shots.
3. 10 backhand shots
4. 10 snap shots
5. 10 slap shots

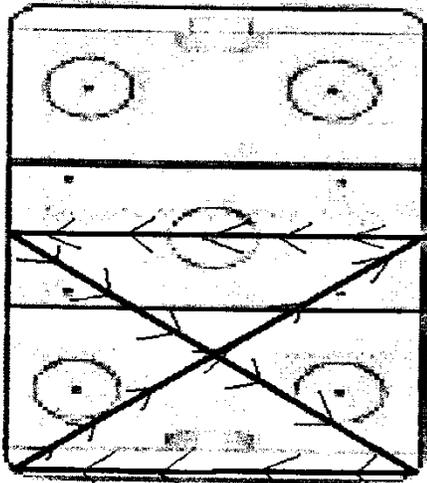
Phase 4: Repeat Phase 2 with hockey stick and puck.

Shooting drills:

1. 5 shovel shots
2. 15 wrist shots
3. 10 back hand shots
4. 15 snap shots
5. 20 slap shots

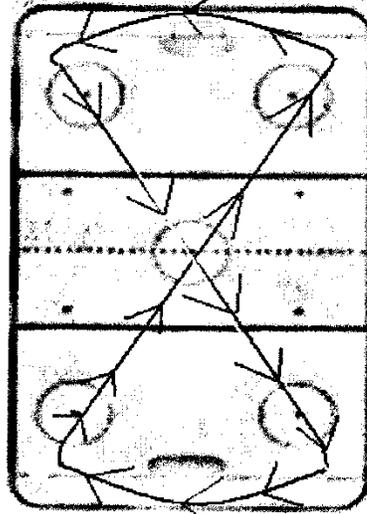
Phase 5: Repeat shooting drills in phase 4 against a defender or goalie.

**Please see following page for diagrams of Drills.

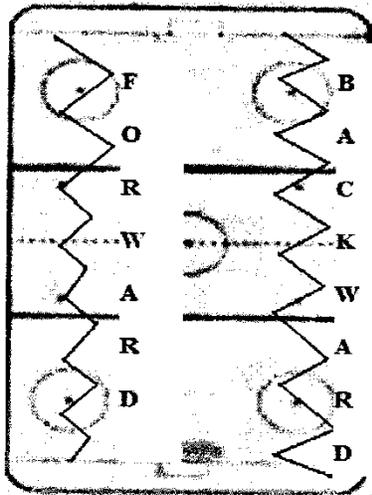


X
 (start here)

DRILL B.



DRILL E.



DRILL F.