



April 24, 2015

To Whom It May Concern,

Michael Bennett is 15 weeks post-op following a left knee ACL-PTG reconstruction, performed on January 6, 2015 at St. Mary's Hospital in Athens, Georgia by Robert Hancock, MD. His knee injury occurred during the Belk Bowl game versus Louisville in December. He is progressing extremely well with his rehabilitation.

Michael's left knee has full range of motion and no swelling. He is pain-free and has excellent ligamentous stability. He has remarkable quadriceps tone and girth at this time-frame post operatively. His lower extremity flexibility is excellent. Michael has performed pre-op and post-op rehabilitation under my supervision since the time of his injury and surgery.

He is currently performing rehabilitation daily, focusing on strength training, balance/proprioceptive training, cardiovascular endurance and progressive return to functional activities. From a strength training standpoint, Michael is currently performing both concentric and eccentric strength training, closed kinetic chain training with both single and double leg stance and emphasis on functional movement patterns, plyometric training with both single and double leg jumping and landing. Michael is currently 5/5 quadriceps strength with manual muscle testing and his most recent CKC leg press test (30 sec max reps with 1/2 body weight) was higher than uninjured leg. His isokinetic strength testing scores are excellent at this time frame post-op. Michael is currently weight lifting without restrictions under the supervision and guidance of the football strength and conditioning staff at UGAA.

He is performing advanced balance/proprioception activities and his Neurocom balance assessment is equal to his pre-injury baseline. He is running daily with an emphasis on form running, speed development, lateral movement, and progression to cutting. He recently began running routes at a controlled speed without cleats. He continues to progress with agility and change of direction drills. We plan for Michael to continue to progress functional training and football specific drills as tolerated.

Michael's work ethic has been tremendous during the rehabilitation process. He has been very compliant and I am very pleased with his progress. I believe that his prognosis for return to football at his pre-injury level of performance is excellent.

Sincerely,

Ron Courson, ATC, PT, NREMT-I, CSCS
Senior Associate Athletic Director □ Sports Medicine

cc: Robert Hancock, MD Fred Reifsteck, MD