



UNIVERSITY of GEORGIA ATHLETIC ASSOCIATION

SPORTS MEDICINE

To Whom It May Concern,

June 15, 2015

Michael Bennett is just over 5 months 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 and functional training.

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

Michael 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's lower extremity strength measures (MMT, Biodex, Eccentron, CKC single leg press test, and Opti-Jump) are excellent. Michael has been 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 cutting. He is running routes and catching footballs from our quarterbacks at full speed wearing cleats and no knee brace. His functional testing drill scores (broad jump, single leg hop, triple hop, triple cross-over hop, LEFT test, 5-10-5, and L-drill) are excellent.

At this point, the only area that Michael has not performed is contact work. 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 and that he will be fully prepared to participate in NFL training camp without restrictions.

We filmed Michael today running a variety of pass routes from outside receiver and slot receiver positions with sideline tower and endzone ground level camera views. The video may be viewed at the following dropbox link:

<https://www.dropbox.com/s/lgx66oovpmhsky8/M.Bennett%20Workout%206.16.15.wmv?oref=e&n=60998210>

Sincerely,

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

cc: Robert Hancock, MD

Fred Reifsteck, MD