



| | Name: | | | | | | DOB: | | | | | |
|------|--|--------|-------|--------|-------|-----------|---------|-----------|-----------|-------------|-----------|--------|
| | Dr: Godin | | | | | | | S: | | | | |
| | | | | | | | | | | | | |
| ~ | | W | eeks | 5 | | | | 7 - | 13 - | 19- | 25- | |
| | ROM & Muscle Initiation | 1 | 2 | 3 | 4 | 5 | 6 | 12+ | 18+ | 24+ | 23- | 291 |
| | - Flexion/Extension – Wall slide | | | | | | | | | | | |
| | Flexion/Ext – seated/calf assisted | | | | | | | | | | | |
| of | Patella/Tendon mobilization | | | | | | | | | | | |
| | Extension mobilization (no hyperext) | | | | | | | | | | | |
| (| Quad sets | | | | | | | | | | | |
| | Hamstring sets | | | | | | | | | | | |
| | Terminal knee extension, Straight | | | | | | | | | | | |
| | eg raise (when no quad lag) | | | | | | | | | | | |
| | Ankle pumps Bike with no resistance | | | | | | | | | | | |
| | | | | 46 | | a a lla c | | | | | | |
| | Progress to Endurance: ROM >125°, Quad set that terminally extends the knee Muscular Endurance 3 x 15, 45s | | | | | | | | | | | |
| | rest | | | | | | | 12+ | | | | |
| | ateral band stepping | | | | | | | | | | | |
| ; | Single leg leg press | | | | | | | | | | | |
| ; | Squat progression | | | | | | | | | | | |
| I | RDL | | | | | | | | | | | |
| | Fuck squat | | | | | | | | | | | |
| 1 | Progress to strength: 13+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference | | | | | | | | | | | e |
| | Muscular Strength 3 x 10 120s | | | | | | | | 13-18+ | | | |
| | rest | | | | | | | | | | | |
| | Lateral band stepping | | | | | | | | | | | |
| | Single leg leg press | | | | | | | | | | | |
|)T ⊫ | Hex bar squat Kettlebell deadlift | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | Elevated split squat Prograss to power: 19+ weeks & Ou | ad in | dax > | 00% | Han | otrin | | <u> </u> | X balanco | antorior re | ach < for | , cido |
| | Progress to power: 19+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side | | | | | | | | | | | |
| | Muscular Power 3 x 6, 180s | | | | | | | | | 19-24+ | | |
| | rest | | | | | | | | | | | |
| | Front squat | | | | | | | | | | | |
| | Barbell deadlift | | | | | | | | | | | |
| | Split jumps | | | | | | | | | | | |
| : | Sled drags | | | | | | | | | | | |
| | Progress to running: 25+ weeks & Tr | iple h | op di | istanc | ;e >9 | 0% of | f unaff | ected sid | le | | | |
| | Running, Speed & Agility | | | | | | | | | | 25-28+ | |
| | Running progression | | | | | | | | | | | |
| | adder footwork drills | | | | | | | | | | | |
| | Forward & backward cone drills | | | | | | | | | | | |
| | ateral cone drills | | | | | | | | | | | |
| | High Level Activities | | | | | | | | | 19-24+ | | |

| Golf, outdoor biking | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Clearance for other activities made by Dr Godin and based on different factors including passing the included progression criteria | | | | | | | | | | | | |
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