



	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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