



	Name:							DOR:					
	Dr: Godin							DOS:					
ROM RESTRICTIO	ROM & Muscle Initiation	1	2	3	eek:	5 5	6	7-8	9-14+	15- 20+	21- 26+	27- 32+	
NS NS	Flexion/Extension – Wall slide									201	201	321	
	Flexion/Ext - seated/calf assisted												
0-90 x 2 wks													
then FROM	Extension mobilization (no												
	hyperext)												
	Quad sets												
	Hamstring sets												
BRACE	Terminal knee extension, Straight												
SETTINGS	leg raise (when no quad lag)					-			-	1			
T 0 0 .	Ankle pumps								-	1			
T scope 0-0 x 6 wks		<u> </u>	ι,	L.,	L	<u> </u>	<u>,, </u>		,				
O WKS	Progress to Endurance: ROM >125 Muscular Endurance 3 x 15, 45s	5°, Q	vad s	et th	at tei	rmino	illy ex	tends the	knee				
	rest								9-14+				
	Lateral band stepping												
Weight	Single leg leg press												
Bearing	Squat progression												
status	RDL												
	Tuck squat												
	Progress to strength: 15+ weeks &	Progress to strength: 15+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference											
TTWB x 6 wk	Muscular Sireligin 5 x 10									15-			
Then FWB	120s rest									20+			
following	Lateral band stepping												
clinic x ray	Single leg leg press												
	Hex bar squat												
	Kettlebell deadlift												
	Elevated split squat	<u> </u>	<u> </u>										
	side to side difference	Progress to power: 21+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference											
	Muscular Power 3 x 6, 180s rest										21- 26+		
	Front squat												
	Barbell deadlift												
	Split jumps												
	Sled drags												
	Progress to running: 27+ weeks &	Triple	hop	dista	nce	>909	6 of u	naffected	side				
	Running, Speed & Agility											27- 32+	
	Running progression												
	Ladder footwork drills												
	Forward & backward cone drills												
	Lateral cone drills						1	1					

High Level Activities										21- 26+	
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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