



| | Name: | | | | | | _ | DO | B: | | | | |
|-------------------|---|---------|--------|------|-------|-------|-------|----------|-------------|-------------|-----------|----------------|--|
| | Dr: Godin | | | | | | | DOS: | | | | | |
| · · · · · | | | | | | | - | | | | | | |
| | | | | | | | | | | | | | |
| ROM | ROM & Muscle Initiation | 1 | 2 | 3 | 4 | 5 | 6 | 7-8 | 7-12+ | 13 - | 19- | 25-28+ | |
| RESTRICTIO | N PROM – Circumduction, side | | | | | | | | | 18+ | 24+ | | |
| S | lying flex, abduction, bike | | | | | | | | | | | | |
| Adduction | | | | | | | | | | | | | |
| No ADD pas | | | | | | | | | | | | | |
| midline x 4wl | · · · · · · | | | | | | | | | | | | |
| | Abduction supine / standing | | | | | | | | | | | | |
| External | Reverse Clams / Clam to neutral | | | | | | | | | | | | |
| Rotation | Supine hip flexion on ball | | | | | | | | | | | | |
| Full | Quadruped hip extension | | | | | | | | | | | | |
| | Side lying glute max/med holds | | | | | | | | | | 1 | | |
| Flexion | Weight shift | | | 1 | 1 | | | | | | | | |
| 0-90 x 4 wk | Hip thruster | | | | | | | | | | | | |
| . | Progress to Endurance: FROM all planes except Flex & ER to 75%, GMed Side lying hold x 30s, GMax prone ext x 10 | | | | | | | | | | | | |
| Extension Full | Muscular Endurance 3 x 15, 45s | | | | | | | | 9-14+ | | | | |
| | rest | | | | | | | | | | | | |
| No passive | Side lying deep rotators | | | | | | | | | | | | |
| hip ER + AD | | | | | | | | | | | | | |
| x 4 wks | Laferal band walk | | | | | | | | | | | | |
| | Hip hikers | | | | | | | | | | | | |
| No active h | 9 3 way hip glider Plank series | | - | | | | | | | | | | |
| ABD + IR x | 4 | N & G | Mod | isom | etric | etron | ath > | 80% T | runk lat en | durance >90 | % X balan | e ant reach | |
| wks | Progress to strength: 12+ wks & GMax & GMed isometric strength >80%, Trunk lat endurance >90%, Y balance ant reach <8cm | | | | | | | | | | | | |
| | Muscular Strength 3 x 10 | | | | | | | | | 15-20+ | | | |
| DDACE | 120s rest | | | | | | | | | | | | |
| BRACE SETTINGS | Squat with rotation | | | | | | | | | | | | |
| SETTINGS | Kettlebell RDL | | | | | | | | | | | | |
| Hip brace 0-9 | Elevated split squat | | | | | | | | | | | | |
| flexion x 4 wl | | | | | | | | | | | | | |
| then full x 2 | Side plank with hip abduction | | | | | | | <u> </u> | | | | | |
| wks | Progress to Power: GMax & GMed iso strength >90%, Side plank + hip abduction x 10, Y Balance ant reach <4cm | | | | | | | | | | | | |
| | Muscular Power 3 x 6, 180s | | | | | | | | | | 21-26+ | | |
| | rest | | | | | | | | | | | | |
| Weight | Front squat | | | | | | | | | | | | |
| Bearing | Barbell deadlift | | | | | | | | | | | | |
| status | Split Jumps | | | | | | | | | | | | |
| | Sled drags | | | | | | | | | | | | |
| | Progress to Running: Triple hop for a | listanc | ;e >9(| 0% | | | | | | | | | |
| | Running, Speed & Agility | | | | | | | | | | | 27-29 + | |
| | Running progression | | | | | | | | | | <u> </u> | | |
| | Ladder footwork drills | | | | | | | | | | | | |

| Forward & backward cone drills | | | | | | |
|--------------------------------|--|--|--|--|--------|--|
| Lateral cone drills | | | | | | |
| High Level Activities | | | | | 21-26+ | |
| Golf, outdoor biking | | | | | | |
| | | | | | | |

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