



	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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