



	Name:							DOR:				
	Dr: Godin							DOS:				
ROM	ROM & Muscle Initiation	1	2	3	eek:	5 5	6	7-8	9-14+	15- 20+	21- 26+	27- 32+
	Flexion/Extension – Wall slide									20:	20:	52 ·
	Flexion/Ext - seated/calf assisted											
0-90 x 2 wks												
then FROM	Extension mobilization (no											
	hyperext)											
	Quad sets											
	Hamstring sets											
RESTRICTIONS 0-90 x 2 wks	Terminal knee extension, Straight											
	leg raise (when no quad lag)					-			-	1		
T 0 0	Ankle pumps								-	1		
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O WKS	Progress to Endurance: ROM >125 Muscular Endurance 3 x 15, 45s	5°, Q	vad s	et th	at tei	rminc	illy ex	tends the	knee			
	rest								9-14+			
	Lateral band stepping											
Weight	Single leg leg press											
_	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										
	Muscular Strength 3 x 10									15-		
	120s rest									20+		
_	Lateral band stepping											
clinic x ray	Single leg leg press											
	Hex bar squat											
	Kettlebell deadlift											
	Elevated split squat											
	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	ance	>909	6 of u	naffected	side			
	Running, Speed & Agility											27- 32+
	Running progression											
	Ladder footwork drills											
	Forward & backward cone drills									1		
	Lateral cone drills	1	1					I		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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