

Hip Arthroscopy with Labral Repair + Microfracture

Ladder footwork drills



	Name:							DOB:						
	Dr: Godin						-	DO	S:					
	1						-							
ROM	ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-14+	15 –	21-26+	27-		
RESTRICTION		<u> </u>	<u> </u>				Ĭ		2 1 1	20+		29+		
S	PROM – Circumduction, log roll, side lying flex, abduction, bike													
Abduction 0-45	Isometrics – quad, TA, glute													
x 2 wks	Cat & camel / Quad rocking													
X Z WKS	Standing TKE													
External	Abduction supine / standing													
Rotation to	Reverse Clams / Clam to neutral													
neutral x 4 wks	Supine hip flexion on ball													
	Quadruped hip extension													
Flexion 0-90 x	Side lying glute max/med holds													
4 wks	Weight shift													
	Hip thruster													
No extension	Progress to Endurance: FROM all plane	es ex	cept	Flex	& ER	to 7	5%. (∥ GMed S	l Side Ivina	hold x 30s	, GMax pro	ne ext x		
past neutral x 3	10						•				,			
weeks	Muscular Endurance 3 x 15, 45s rest								9-14+					
BRACE	Side lying deep rotators													
SETTINGS	Squat series													
	Lateral band walk													
Hip brace x 6	Hip hikers													
weeks	3 way hip glider													
	Plank series													
	Progress to strength: 12+ wks & GMax	& G	Med	ison	netric	strer	gth :	>80%, 1	runk lat e	ndurance >	90%, Y ba	ance ant		
Weight	reach <8cm Muscular Strength 3 x 10 120s									15-20+				
Bearing	rest									13-20				
status	Squat with rotation													
FFWB x 6	Kettlebell RDL													
weeks	Elevated split squat													
Advance as	Single leg squat													
tolerated	Side plank with hip abduction													
	Progres to Power: GMax & GMed ant reach <4cm	d isc	str	engt	h >9	0%,	Side	plank	c + hip a	bduction	x 10, Y Bo	ılance		
CDM	Muscular Power 3 x 6, 180s										21-26+			
СРМ	rest													
6 hours day x 6	Front squat													
weeks	Barbell deadlift													
W CGR3	Split Jumps													
	Sled drags													
	Triple hop for distance >90%							ı	1					
	Running, Speed & Agility											27-29+		
	Running progression													

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

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