Running progression Ladder footwork drills

Lateral cone drills **High Level Activities**

Forward & backward cone drills





25-28+

Name: DOB: Godin DOS: Dr:

ROM 19-25-**ROM & Muscle Initiation** 2 3 **7-12+ RESTRICTION** 18+ 24+ 28+ PROM - Circumduction, log roll, S side lying flex, abduction, bike Isometrics - quad, TA, glute **Abduction** Cat & camel / Quad rocking 0-45 x 2 wks Standing TKE No External Abduction supine / standing Rotation x 4 Reverse Clams / Clam to neutral wks Supine hip flexion on ball Quadruped hip extension No flexion Side lying glute max/med holds beyond 90 x 4 Weight shift wks Hip thruster FROM all planes except Flex & ER to 75%, GMed Side lying hold x 30s, GMax prone ext x 10 No extension Muscular Endurance 3 x 15, 45s 7-12+ past neutral x 2 rest weeks Side lying deep rotators Squat series **BRACE** Lateral band walk **SETTINGS** Hip hikers 3 way hip glider Hip brace x 4 Plank series weeks Progress to strength: 12+ wks & GMax & GMed isometric strength >80%, Trunk lat endurance >90%, Y balance ant reach <8cm Muscular Strength 3 x 10 13-18+ Weight 120s rest **Bearing** Squat with rotation status Kettlebell RDL Elevated split squat FFWB x 2 wks Single leg squat Advance as Side plank with hip abduction tolerated GMax & GMed iso strength >90%, Side plank + hip abduction x 10, Y Balance ant reach <4cm Muscular Power 3 x 6, 180s Front squat Barbell deadlift Split Jumps Sled drags Triple hop for distance >90% **Running, Speed & Agility** 25-28+

Golf, outdoor biking

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