



 Name:
 DOB:

 Dr:
 Godin

 DOS:
 DOS:

ROM RESTRICTION S

Posterior Hip
Precautions
x6weeks
(avoid combination
IR and adduction
and flexion >90)

Weight Bearing status

FWB as tolerated

High Level Activities

Dr: Godin							DOS:			
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ROM & Muscle Initiation	1	2	3	4	5	6	7-12+	13 – 18+	19- 24+	25- 28+
PROM - Circumduction, log roll,								10.	2-7	201
side lying flex, abduction, bike										
Isometrics – quad, TA, glute										
Cat & camel / Quad rocking										
Standing TKE										
Abduction supine / standing										
Reverse Clams / Clam to neutral										
Supine hip flexion on ball										
Quadruped hip extension										
Side lying glute max/med holds										
Weight shift										
Hip thruster	T									
FROM all planes except Flex & ER to 7	5%, (GMe	d Sid	e lyir	ng ho	ld x	30s, GMax i	orone ext x	10	I
Muscular Endurance 3 x 15, 45s							<i>7</i> -12+			
rest							7-12+			
Side lying deep rotators	lacksquare									
Squat series	$oldsymbol{\perp}$									
Lateral band walk	<u> </u>									
Hip hikers	\perp									
3 way hip glider	$oldsymbol{\perp}$									
Plank series		<u> </u>								
Progress to strength: 12+ wks & GMax ant reach <8cm	& G/	Med	isom	etric :	stren	gth >	80%, Trunk I	at enduranc	e >90%, Y	balance
Muscular Strength 3 x 10								13-18+		
120s rest										
Squat with rotation										
Kettlebell RDL										
Elevated split squat										
Single leg squat										
Side plank with hip abduction										
GMax & GMed iso strength >90%	, Sic	le p	lank	+ hi	p ab	duc	ion x 10, `	Y Balance	ant reach	<4cm
Muscular Power 3 x 6, 180s									19-24+	
rest										
Front squat	\perp									
Barbell deadlift	\perp									
Split Jumps	\perp									
Sled drags	<u></u>									
Triple hop for distance >90%							T	T	1	T
Running, Speed & Agility										25-28+
Running progression	\perp									
Ladder footwork drills	$oldsymbol{\perp}$									
Forward & backward cone drills	\perp									
Lateral cone drills										

Golf, outdoor biking

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