



 Name:
 DOB:

 Dr:
 Godin

 DOS:
 DOS:

ROM RESTRICTION S

None

Weight Bearing status

50% PWB x 1wk Then Advance as tolerated

ROM & Muscle Initiation	1	2	3	4	5	6	7-12 +	13 – 18+	19- 24+	25- 28+
PROM - Circumduction, log roll,								101	2-7	20:
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										
FROM all planes except Flex & ER to 75	5%, (3Me	d Sid	e lyir	ng ho	ld x	30s, GMax	prone ext x	10	
Muscular Endurance 3 x 15, 45s rest							7-12+			
Side lying deep rotators										
Squat series										
Lateral band walk										
Hip hikers										
3 way hip glider										
Plank series										
Progress to strength: 12+ wks & GMax ant reach <8cm	& G/	Med	isom	etric	stren	gth >	80%, Trunk	lat endurand	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								× 5 . I	<u>. </u>	
GMax & GMed iso strength >90% Muscular Power 3 x 6, 180s	, 510	ie p	lank	+ hi	p at	duc	non x 10,	Y Balance	19-24+	<4cm
rest									19-2-41	
Front squat										
Barbell deadlift										
Split Jumps										
Sled drags										
Triple hop for distance >90%	_						·	<u>. </u>		
Running, Speed & Agility										25-28+
Running progression										
Ladder footwork drills										
Forward & backward cone drills										
Lateral cone drills										
High Level Activities										25-28+

Golf, outdoor biking

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