

## Microfracture - Trochlear Groove



Name:							DOB	:			
Dr: Godin	Dr: Godin						DOS	•			
			W	eek	s fr	om	surge	ery			
ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+	27+
Flexion/Extension – wall slides											
Flexion/Ext - seated/calf assisted											
Patella/Tendon mobilization											
Extension mobilization (no hyperext)											
Quad series											
Hamstring sets											
Terminal knee extension, Straight											
leg raise (when no quad lag)											
Ankle pumps								-			
Bike with no resistance		Ļ,		L	<u> </u>						
Progress to Endurance: ROM >125°, Muscular Endurance 3 x 15, 45s	Qu	ad se	et the	at tei	rmin	ally (	extends	the knee			
rest								9-14+			
Lateral band stepping											
Single leg leg press											
Squat progression											
RDL											
Tuck squat											
Progress to strength: 15+ weeks & G	vad	inde	ex >2	70%,	ΥЬ	alan	ce ante	rior reach	<8cm side t	o side diff	erence
Muscular Strength 3 x 10 120s									15-20+		
rest											
Lateral band stepping											
Single leg leg press											
Hex bar squat											
Kettlebell deadlift											
Elevated split squat											
Progress to power: 21+ weeks & Qu	ad ii	ndex	>90	)%, F	lams	tring	index	>90%, Y Ł	alance ant	erior reach	<4cm
side to side difference										1 01 04	
Muscular Power 3 x 6, 180s										21-26+	
Front squat											
Barbell deadlift	-										
Split jumps											
Split jumps Sled drags	inla	han	diate		>00	% <b>-4</b>		ato al sialo			
Split jumps Sled drags Progress to running: 27+ weeks & Tr	iple	hop	dista	ince	>90	% of	unaffe	cted side			27+
Split jumps Sled drags Progress to running: 27+ weeks & Tr Running, Speed & Agility	iple	hop	dista	ince	>90	% of	unaffe	cted side			27+
Split jumps Sled drags Progress to running: 27+ weeks & Tr Running, Speed & Agility Running progression	iple	hop	dista	ince	>90	% of	unaffe	cted side			27+
Split jumps Sled drags Progress to running: 27+ weeks & Tr Running, Speed & Agility Running progression Ladder footwork drills	iple	hop	dista	ince	>90	% of	unaffe	cted side			27+
Split jumps Sled drags Progress to running: 27+ weeks & Tr Running, Speed & Agility Running progression Ladder footwork drills Forward & backward cone drills	iple	hop	dista	ince	>90	% of	unaffe	cted side			27+
Split jumps Sled drags Progress to running: 27+ weeks & Tr Running, Speed & Agility Running progression Ladder footwork drills	iple	hop	dista	ince	>90	% of	unaffe	cted side		21-26+	27+

Clearance for other activities made by Dr Godin and based on different factors including passing the included progression criteria

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