Femoral IMN (midshaft femur/intertroch/subtroch Fx)





	Name:							DOB:			
	Dr: Godin		DOS:								
ROM RESTRICTION	ROM & Muscle Initiation	1	2	3	4	5	6	7-12+	13 – 18+	19– 24+	25- 28+
S	PROM – Circumduction, log roll,								IOT	247	201
5	side lying flex, abduction, bike										
None	Isometrics – quad, TA, glute										
	Cat & camel / Quad rocking										
	Standing TKE										
Weight	Abduction supine / standing										
Bearing	Reverse Clams / Clam to neutral										
status	Supine hip flexion on ball										
	Quadruped hip extension										
FWB as	Side lying glute max/med holds										
tolerated	Weight shift										
	Hip thruster										
	FROM all planes except Flex & ER to 75%, GMed Side lying hold x 30s, GMax prone ext x 10										
	Muscular Endurance 3 x 15 45c										
	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	& G/	Med	isom	etric	stren	gth >	80%, Trunk	lat enduran	ce >90%, Y	balance
	ant reach <8cm								13-18+		
	Muscular Strength 3 x 10 120s rest								13-10-		
	Squat with rotation										
	Kettlebell RDL										
	Elevated split squat										
	Single leg squat										
	Side plank with hip abduction										
	GMax & GMed iso strength >90%	. Sia	do n	lank		n ak	duc	tion v 10	V Balanco	ant roach	C/cm
	Muscular Power 3 x 6, 180s	5, 3 10	ae p			pu			Dalance	19-24+	N
	rest										
	Front squat										
	Barbell deadlift										
	Split Jumps	+	1					1	1		
	Sled drags		1					1	1		
	Triple hop for distance >90%										
	Running, Speed & Agility										25-28+
	Running progression										
	Ladder footwork drills								1		
	Forward & backward cone drills	+		+	<u> </u>	<u> </u>					
	Lateral cone drills	-			<u> </u>	<u> </u>					
	High Level Activities										25-28+
	Thyn Level Achvines										23-201

Golf, outdoor biking					

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