



	Name:							D	OB:			
	Dr: <u>Godin</u>							D	OS:			
]											
٩								n sur	gery 9-			
τιο	ROM & Muscle Initiation	1	2	3	4	5	6		14+	15-20+	21-26+	27-30
	Flexion/Extension - Prone											
	Flexion/Ext – seated/calf assisted											
х	Patella/Tendon mobilization											
n	Extension mobilization (no											
	hyperext)							ļ				
	Quad sets											
	Hamstring sets											
	Terminal knee extension, Straight											
	leg raise (when no quad lag)											
	Ankle pumps											
	Bike with no resistance		I		Ļ				L			
r	Progress to Endurance: ROM >125	5°, G	luad	set	that	tern	ninal	ly ext		knee		
	Muscular Endurance 3 x 15, 45s rest								9- 14+			
	Lateral band stepping								147			
	Single leg leg press											
	Squat progression											
	RDL											
	Tuck squat			Ļ								Ļ
	Progress to strength: 15+ weeks & difference	Qua	id in	dex	>70)%, Y	' ba	lance	anterior	reach <8cr	n side to si	de
	Muscular Strength 3 x 10									15-20+		
	120s rest									15-20		
	Lateral band stepping											
	Single leg leg press											
	Hex bar squat											
	Kettlebell deadlift											
	Elevated split squat Progress to power: 21+ weeks & G		in di		000/	<u>и</u> .		 		W Xhalaa		
'n	Control con	luaa	ina	ex ~	90%	, пс	IMSTI	ring in		%, i balan	ce anterio	r reacn
s	Muscular Power 3 x 6, 180s										21-26+	
-	rest											
	Front squat											
	Barbell deadlift											
	Split jumps											
	Sled drags											
		 Trin!		<u>لہ م</u>	eta-		00%		affected	side		
	Progress to running: 27+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility 27-30+											
	Running, Speed & Agility											27-30
	Running progression		_									
	Ladder footwork drills	_	<u> </u>		<u> </u>	<u> </u>	<u> </u>			-		
	Forward & backward cone drills		<u> </u>									
	Lateral cone drills		1	1							1	

Clearance for other activities made by Dr Godi included progression criteria	n and based	l on different f	factors including passir	ng the
			actors mersuing pussi	ig nic
included progression criferia				

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