



	Name:							D	OB:				
	Dr: Godin								OS:				
				W	eel	cs f	ron	n sur					
,	ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-	15-20+	21-26+	27-30+	
	Flexion/Extension - Wall slides												
	Flexion/Ext - seated/calf assisted												
	Patella/Tendon mobilization												
	Extension mobilization (no												
	hyperext)												
	Quad sets												
	Hamstring sets												
	Terminal knee extension, Straight leg raise (when no quad lag)												
	Ankle pumps												
	Bike with no resistance												
	Progress to Endurance: ROM >125	°, G	vad	set	that	tern	ninal	lly exte	ends the	knee			
	Muscular Endurance 3 x 15, 45s rest								9- 14+				
)-0 x s	Lateral band stepping												
	Single leg leg press												
	Squat progression												
	RDL												
	Tuck squat												
	Progress to strength: 15+ weeks & difference	Quo	ıd in	dex	>70)%, Y	ba	lance	anterior	reach <8cn	side to si	de	
	Muscular Strength 3 x 10									15-20+			
	120s rest												
	Lateral band stepping												
	Single leg leg press												
	Hex bar squat												
	Kettlebell deadlift												
	Elevated split squat												
	Progress to power: 21+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference												
	Muscular Power 3 x 6, 180s rest										21-26+		
	Front squat												
	Barbell deadlift												
	Split jumps												
	Sled drags												
		Progress to running: 27+ weeks & Triple hop distance >90% of unaffected side											
	Running, Speed & Agility											27-30+	
	Running progression												
	Ladder footwork drills												
	Forward & backward cone drills												

Lateral cone drills

High Level Activities										21-26+	
Golf, outdoor biking											
Clearance for other activities made by Dr Godin and based on different factors including passing the											
included progression criteria											

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