



Lateral cone drills

	Name:							D	OB:			
	Dr: Godin								OS:			
	7						_			-		
	Weeks from surgery											
ROM RESTRICTIO	ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9- 14+	15-20+	21-26+	27-30+
NS	Flexion/Extension - Wall slide											
	Flexion/Ext - seated/calf assisted											
0-30 x 2 wks	Patella/Tendon mobilization											
then increase	Extension mobilization (no											
15° per wk	hyperext)											
until 6 wks	Quad sets											
then FROM	Hamstring sets											
	Terminal knee extension, Straight leg raise (when no quad lag)											
BRACE	Ankle pumps											
SETTINGS	Bike with no resistance											
	Progress to Endurance: ROM >125	°, Q	vad	set	that	tern	ninal	ly ext	ends the	knee		
T scope 0-0 x	Muscular Endurance 3 x 15, 45s rest								9- 14+			
6 wks	Lateral band stepping											
	Single leg leg press											
	Squat progression											
Weight	RDL											
Bearing	Tuck squat											
status	Progress to strength: 15+ weeks & 0 difference	Qua	d in	dex	>70	%, Y	/ ba	ance	anterior	reach <8cm	side to si	de
NWB x 6	Muscular Strength 3 x 10									15-20+		
weeks	120s rest											
	Lateral band stepping											
	Single leg leg press											
	Hex bar squat											
	Kettlebell deadlift											
	Elevated split squat	L.,										
	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											

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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