	Name:						_	DOI	3:			
	Dr: Cinque							DO:	S:			
]						-					
ROM	ROM & Muscle Initiation	1	2	3	4	5	6	7-8	7-12+	13 –18+	19–24+	25–28+
RESTRICTIONS	PROM – Circumduction, side	Ė	_	Ť	7	Ť			, 12.	10 10	17 24.	20 20.
	lying flex, abduction, bike											
Adduction No ADD past midline x 4wks	Isometrics – quad, TA, glute											
	Cat & camel / Quad rocking											
	Standing TKE											
External Rotation F∪ll	Abduction supine / standing											
	Reverse Clams / Clam to											
	neutral Supine hip flexion on ball											
Flexion 0-90 x 4 wks	Quadruped hip extension											
	Side lying glute max/med holds											
	Weight shift											
Extension F∪II	Hip thruster											
	Progress to Endurance: FROM all plan	ies e	хсер	t Fle	x & E	R to :	7 5 %,	GMed	Side lying	hold x 30s,	⊥ GMax pron	e ext x 10
No passive hip	Muscular Endurance 3 x 15, 45s rest								9-14+			
ER + ADD x 4	Side lying deep rotators											
wks	Squat series											
No active hip ABD + IR x 4 wks	Lateral band walk											
	Hip hikers											
	3 way hip glider											
	Plank series											
	Progress to strength: 12+ wks & GMax & GMed isometric strength >80%, Trunk lat endurance >90%, Y balance ant											
BRACE	reach <8cm Muscular Strength 3 x 10 120s									15-20+		
SETTINGS	rest											
Hip brace 0-90 flexion x 4 wks	Squat with rotation											
	Kettlebell RDL											
then full x 2	Elevated split squat											
wks	Single leg squat											
	Side plank with hip abduction											
Weight	Progress to Power: GMax & GMed iso	stre	ngth	>90%	%, Sid	e plo	nk +	hip ab	duction x	10, Y Baland		h <4cm
Bearing status	Muscular Power 3 x 6, 180s rest										21-26+	
	Front squat											
Non weight	Barbell deadlift											
bearing x 6	Split Jumps											
wks	Sled drags			007								
	Progress to Running: Triple hop for di	stand	:e >9	0%								
	Running, Speed & Agility											27-29+
	Running progression											
	Ladder footwork drills Forward & backward cone											
	drills											
	Lateral cone drills											
	High Level Activities										21-26+	
	Golf, outdoor biking											
	1											