

# Femoral IMN (midshaft femur/intertroch/subtroch Fx)

Name: \_\_\_\_\_  
 Dr: Cinque

DOB: \_\_\_\_\_  
 DOS: \_\_\_\_\_

## ROM RESTRICTIONS

None

## Weight Bearing status

FWB as tolerated

ROM & Muscle Initiation	1	2	3	4	5	6	7-12+	13-18+	19-24+	25-28+
PROM – Circumduction, log roll, side lying flex, abduction, bike										
Isometrics – quad, TA, glute										
Cat & camel / Quad rocking										
Standing TKE										
Abduction supine / standing										
Reverse Clams / Clam to neutral										
Supine hip flexion on ball										
Quadruped hip extension										
Side lying glute max/med holds										
Weight shift										
Hip thruster										
<b>FROM all planes except Flex &amp; ER to 75%, GMed Side lying hold x 30s, GMax prone ext x 10</b>										
<b>Muscular Endurance 3 x 15, 45s rest</b>							7-12+			
Side lying deep rotators										
Squat series										
Lateral band walk										
Hip hikers										
3 way hip glider										
Plank series										
<b>Progress to strength: 12+ wks &amp; GMax &amp; GMed isometric strength &gt;80%, Trunk lat endurance &gt;90%, Y balance ant reach &lt;8cm</b>										
<b>Muscular Strength 3 x 10 120s rest</b>								13-18+		
Squat with rotation										
Kettlebell RDL										
Elevated split squat										
Single leg squat										
Side plank with hip abduction										
<b>GMax &amp; GMed iso strength &gt;90%, Side plank + hip abduction x 10, Y Balance ant reach &lt;4cm</b>										
<b>Muscular Power 3 x 6, 180s rest</b>									19-24+	
Front squat										
Barbell deadlift										
Split Jumps										
Sled drags										
<b>Triple hop for distance &gt;90%</b>										
<b>Running, Speed &amp; Agility</b>										25-28+
Running progression										
Ladder footwork drills										
Forward & backward cone drills										
Lateral cone drills										
<b>High Level Activities</b>										25-28+
Golf, outdoor biking										