



Wk 9-16 (criteria dependent)

PRECAUTIONS: Monitor for groin or anterior hip pain, scale movement to minimize symptoms

Phase 3	1.0	2.0	3.0	HEP For Duration of Phase 3	
Y-Balance Drills	X	X		Faber Slides	X
1L Elevated Bridge	X	X		Bent Knee Fallouts	X
Lateral Agilities	X	X	X	Seated V Stretch	X
Reverse Sled Drags	X	X	X	Seated Hamstring Toe Reach	X
KB or BB Back Squat	X	X	X	1/2 Kneeling Psoas Stretch	X
KB or BB RDLs	X	X	X	Standing ITB Stretch	X
TRX Assisted SL Squat to Box		X		Glute Stretch	X
KB Step Up		X	X	Hip Series	X
Cossack/Lateral Lunge		X	X	<b>Progression Criteria</b>	
TRX or Ball HS Curls		X	X	Hip Flexor Strength >80% UNINV	
Standing SL Rotations w/ band		X	X	Y-Balance <4 cm deficit all planes	
Single Leg RDL (See Progression)			X	IR/ER Strength >80% UNINV	
1L Hip Thrusters			X	Hip Flexor Strength >50% UNINV	
Single Leg Squat (See Progression)			X	PROM WNL of UNINV (except flex/ER)	
Tri-Planar Lunges			X	Double Leg Squat x 25 reps	

Warm Up for Strength Days:	Hip Series (3-4x per week):	Single Leg RDL Progression	
Scorpion Stretch	Prone Hip Ext. x 20	Phase 1	Weight Shift to SL w/ trunk Lean
Inch Worm	Bird Dogs x 20	Phase 2	Assisted SL RDL (bodyweight)
Standing Knee to Opposite Shldr	2L Bridge x 20	Phase 3	Bodyweight SL RDL
Standing Alternating FABER	1L Bridge x 20	Phase 4	Loaded SL RDL
Standing Knee To Chest		<b>Single Leg Squat Progression:</b>	

Phase 1	TRX Assisted to Box
Phase 2	Eccentric (1 down, 2 Up) to Box
Phase 3	Bodyweight SL Squat to Box
Phase 4	Loaded Single Leg Squat

Athletes/patients should have established ability to reproduce program independently outside of the clinic by this phase.

**GOALS:** Complete 6" anterior step down without compensation, able to complete squat and bilateral lunge work without hip pain, begin intensity progressions with no complaint

Phase 1 Sport Skill Development (Wk 14+)	
Skater Hop Decel	Skater Hop
Drop Catch, 2L to 1L	DVJ
1L to 2L Broad Jump	1L to 1L Broad Jump
Lateral 1L Box Jump	1L to 1L Lateral Box Jump

