



Phase 2 Goals and Progression Criteria
1) Demonstrate ability to reproduce program outside of clinic, consistently and as prescribed.
2) Normalized passive range of motion in all planes (ext/flexion)
3) 50% Limb Symmetry or greater with hip ABD, Knee Extension testing
4) Able to complete training session with less than 2 pt increase in pain

Ramp Set Explanation
<p>Ramp Sets: Choose a rep between the given range (i.e. 5-8 and you choose 6 reps). Including your warm-up, start with that rep scheme (i.e. 6 reps) and add weight each round until you find a weight that feels "moderately heavy". This is your "Top Set". You will then complete this weight for a second set. This allows you to create variety in your workouts by choosing different reps (i.e. one day might be 5 reps per set, the other might be 8 reps per set, etc.). See Reps in Reserve scale below for reference. Goal is to see progress over several weeks. In other words, if your top set of RDLs for 6 reps was 85lbs, progress would be defined as seeing the SAME rep scheme be heavier a month from now.</p>

Ramp Set Rate of Perceived Exertion (RPE)	Reps in Reserve (RIR)	RPE
Very Heavy	0-1	9-10/10
Heavy	2	8/10
Moderately Heavy	3	7/10
Moderate	4-5	6/10