	Name:							DOB:					
	Dr: Doan							DOS:					
	<u> </u>												
ROM	2011.11					_		- 10	10 10	10.01			
RESTRICTIONS	ROM & Muscle Initiation	1	2	3	4	5	6	7-12+	13 –18+	19–24+	25–28+	29+	
	Flexion/Extension.  Flexion/Ext - seated/calf assisted												
0–90 x 2	Patella/Tendon mobilization												
weeks then FROM	Extension mobilization (no									1			
TROW	hyperext)												
	Quad sets												
BRACE SETTINGS	Hamstring sets												
	Straight leg raise, terminal knee extension (when no quad lag)												
_	Ankle pumps												
T scope 0-0 x 6 weeks	Bike with no resistance												
o weeks	Progress to Endurance: 8+ weeks & ROM >125°, Quad set that terminally extends the knee												
	Muscular Endurance 3 x 15, 45s rest							7-12+					
	Lateral band stepping												
Weight	Single leg leg press									1			
Bearing status	Squat progression												
status	RDL												
NWB x 2 wks	Tuck squat  Progress to strength: 16+ weeks & d	าแลเ	d inc	lev ·	.70%	. V	hala	nce anter	ior reach a	 -8cm side	to side		
then	Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference												
PWB x 2 wks	Muscular Strength 3 x 10 120s rest								13-18+				
then FWB	Lateral band stepping												
	Single leg leg press												
No open	Single leg leg press  Hex bar squat												
chain													
chain resisted	Hex bar squat  Kettlebell deadlift  Elevated split squat												
chain resisted hamstring x	Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 22+ weeks & Qi	uad	inde	x >9	0%,	Han	nstrii	ng index >	90%, Y ba	lance ant	erior reac	h	
chain resisted	Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 22+ weeks & Queen side to side difference	uad	inde	x >9	0%,	Han	nstrir	ng index >	90%, Y ba	lance ant	erior reac	h	
chain resisted hamstring x	Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 22+ weeks & Qu <4cm side to side difference Muscular Power 3 x 6, 180s rest	uad	inde	× >9	0%,	Han	nstrii	ng index >	90%, Y ba		erior reac	h	
chain resisted hamstring x	Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 22+ weeks & Queen side to side difference	uad	inde	x >9	0%,	Han	nstrii	ng index >	90%, Y ba		erior reac	h	
chain resisted hamstring x	Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 22+ weeks & Outleton Comparison C	uad	inde	× >9	0%,	Han	nstrii	ng index >	90%, Y ba		erior reac	h	
chain resisted hamstring x	Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 22+ weeks & Quantial Company of the side to side difference  Muscular Power 3 x 6, 180s rest  Front squat  Barbell deadlift	uad	inde	× >9	0%,	Han	nstrii	ng index >	90%, Y ba		erior reac	h	
chain resisted hamstring x	Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 22+ weeks & Outleton Comparison C										erior reac	h	
chain resisted hamstring x	Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 22+ weeks & Quantial Common Co										erior reac	h	
chain resisted hamstring x	Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 22+ weeks & Otel  <4cm side to side difference  Muscular Power 3 x 6, 180s rest  Front squat  Barbell deadlift  Split jumps  Sled drags  Progress to running: 28+ weeks & T											h	
chain resisted hamstring x	Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 22+ weeks & Ote <4cm side to side difference  Muscular Power 3 x 6, 180s rest  Front squat  Barbell deadlift  Split jumps  Sled drags  Progress to running: 28+ weeks & T  Running, Speed & Agility											h	
chain resisted hamstring x	Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 22+ weeks & Order Side to side difference  Muscular Power 3 x 6, 180s rest  Front squat  Barbell deadlift  Split jumps  Sled drags  Progress to running: 28+ weeks & T  Running, Speed & Agility  Running progression											h	
chain resisted hamstring x	Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 22+ weeks & Order Side to side difference  Muscular Power 3 x 6, 180s rest  Front squat  Barbell deadlift  Split jumps  Sled drags  Progress to running: 28+ weeks & Tenning, Speed & Agility  Running progression  Ladder footwork drills  Forward & backward cone drills  Lateral cone drills											h	
chain resisted hamstring x	Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 22+ weeks & Otel  <4cm side to side difference  Muscular Power 3 x 6, 180s rest  Front squat  Barbell deadlift  Split jumps  Sled drags  Progress to running: 28+ weeks & T  Running, Speed & Agility  Running progression  Ladder footwork drills  Forward & backward cone drills  Lateral cone drills  High Level Activities											h	
chain resisted hamstring x	Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 22+ weeks & Order Side to side difference  Muscular Power 3 x 6, 180s rest  Front squat  Barbell deadlift  Split jumps  Sled drags  Progress to running: 28+ weeks & Tenning, Speed & Agility  Running progression  Ladder footwork drills  Forward & backward cone drills  Lateral cone drills	irriple	hop	o dist	anc	e >9	00%	of unaffec	ted side	19-24+	25-28+	29+	



Questions - Please call: Main Phone: (913) 319-7600

Dr. Doan's Patient Care Technician: (913) 319-7678 ext. 3123

Email: Info@kcorthoalliance.com