

ACL + Meniscus Root

Name: _____
 Dr: Doan

DOB: _____
 DOS: _____

Weeks from surgery

ROM RESTRICTIONS
 0-90 x 2 weeks then FROM

BRACE SETTINGS
 T scope 0-0 x 6 weeks

Weight Bearing status
 NWB x 6 weeks

ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-16+	13-18+	19-24+	25-28+	29+
Flexion/Extension.												
Flexion/Ext – seated/calf assisted												
Patella/Tendon mobilization												
Extension mobilization (no hyperext)												
Quad sets												
Hamstring sets												
Terminal knee ext, Straight leg raise (when no quad lag)												
Ankle pumps												
Bike with no resistance												
Progress to Endurance: 8+ weeks & ROM >125°, Quad set that terminally extends the knee												
Muscular Endurance 3 x 15, 45s rest								9-16+				
Lateral band stepping												
Single leg leg press												
Squat progression												
RDL												
Tuck squat												
Progress to Strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference												
Muscular Strength 3 x 10 120s rest									17-22+			
Lateral band stepping												
Single leg leg press												
Hex bar squat												
Kettlebell deadlift												
Elevated split squat												
Progress to power: 22+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference												
Muscular Power 3 x 6, 180s rest										19-24+		
Front squat												
Barbell deadlift												
Split jumps												
Sled drags												
Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side												
Running, Speed & Agility											25-28+	
Running progression												
Ladder footwork drills												
Forward & backward cone drills												
Lateral cone drills												
High Level Activities											25-28+	
Golf, outdoor biking												
Clearance for other activities made by Dr Doan and based on different factors including passing the included progression criteria												