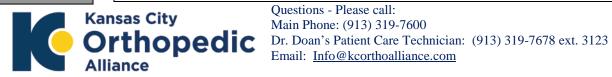
	Name:							С	OB:					
	Dr: Doan								OS:					
	7													
ROM	Weeks from surgery  ROM & Muscle Initiation 1 2 3 4 5 6 7-8 9-16+ 13-18+ 19-24+ 25-28+ 29+													
RESTRICTIONS	ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-16+	13 –18+	19–24+	25–28+	29+	
	Flexion/Extension. Flexion/Ext - seated/calf													
0-90 x 2 weeks then FROM	assisted													
	Patella/Tendon mobilization													
	Extension mobilization (no													
	hyperext) Quad sets													
BRACE SETTINGS														
	Hamstring sets Terminal knee ext, Straight leg													
	raise (when no quad lag)													
T scope 0-0 x 6 weeks	Ankle pumps													
	Bike with no resistance													
	Progress to Endurance: 8+ weeks & ROM >125°, Quad set that terminally extends the knee													
Weight Bearing status	Muscular Endurance 3 x 15, 45s rest								9-16+					
	Lateral band stepping													
	Single leg leg press													
	Squat progression													
	RDL													
NWB x 6	Tuck squat	<u> </u>				00/	V I-				0	:-1-		
weeks	Progress to Strength: 16+ weeks & difference	Qu	aa i	nae	X > /	υ‰,	Y D	aianc	e anterio	or reach <	scm siae i	o siae		
	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 & O	uac	d inc	dex :	>909	%, H	ams	tring i	ndex >9	0%, Y bala	ance ante	rior 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 & 7	Tripl	le ho	op d	istaı	nce	>90	% of u	naffecte	ed side				
	Running, Speed & Agility	Ė										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 mad	de l	oy D	r Do	an	and	bas	sed or	differe	nt factors i	ncluding	oassing th	е	



Questions - Please call: