	Name:						DOB	: <u> </u>				
	Dr: <u>Doan</u>						DOS	: <u></u>				
		Wee	oko									
ROM	ROM & Muscle Initiation	1	2	3	4 !	5	6	7 – 12+	13 –18+	19–24+	25–28+	29+
RESTRICTIONS	Flexion/Extension - Wall slide	-		3	4 ;	5	0	7 - 12+	13 - 10+	19-24+	23-20+	29+
	Flexion/Ext - seated/calf assisted				-							
0-90 x 2					-							
weeks then	Patella/Tendon mobilization Extension mobilization (no		-	-	-							
FROM	hyperext)											
	Quad sets											
	Hamstring sets											
BRACE	Terminal knee extension, Straight											
SETTINGS	leg raise (when no quad lag)											
	Ankle pumps											
T scope x 2	Bike with no resistance											
weeks then functional	Progress to Endurance: ROM >125°, Quad set that terminally extends the knee											
brace	Muscular Endurance 3 x 15, 45s rest							7 – 12+				
brace	Lateral band stepping											
	Single leg leg press											
	Squat progression											
	RDL											
Weight	Tuck squat											
Bearing	Progress to strength: 13+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference											
status	Muscular Strength 3 x 10 120s rest								13-18+			
	Lateral band stepping											
Partial	Lateral band stepping Single leg leg press											
Partial weight												
weight bearing	Single leg leg press											
weight bearing (50%) x 6	Single leg leg press Hex bar squat Kettlebell deadlift											
weight bearing	Single leg leg press Hex bar squat	ad inc	dex >	90%,	Hams	strin	g inde	ex >90%, `	Y balance	e anterior	reach <40	cm
weight bearing (50%) x 6	Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 19+ weeks & Quaide to side difference	ad inc	dex >	90%,	Hams	strin	g inde	ex >90%, '	Y balance		reach <40	cm
weight bearing (50%) x 6 weeks	Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 19+ weeks & Qu side to side difference Muscular Power 3 x 6, 180s rest	ad inc	dex >	90%,	Hams	string	g inde	ex >90%, \	Y balance	e anterior	reach <40	cm
weight bearing (50%) x 6	Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 19+ weeks & Qu side to side difference Muscular Power 3 x 6, 180s rest Front squat	ad inc	dex >	90%,	Hams	string	g inde	ex >90%, \	Y balance		reach <4	cm
weight bearing (50%) x 6 weeks Avoid	Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 19+ weeks & Qu side to side difference Muscular Power 3 x 6, 180s rest	ad ind	dex >	90%,	Hams	string	g indé	ex >90%, `	Y balance		reach <4	em
weight bearing (50%) x 6 weeks Avoid external	Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 19+ weeks & Qu side to side difference Muscular Power 3 x 6, 180s rest Front squat	ad inc	dex >	90%,	Hams	string	g inde	ex >90%,	Y balance		reach <40	cm
weight bearing (50%) x 6 weeks Avoid external rotation x 4	Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 19+ weeks & Qu side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift	ad ind	dex >	90%,	Hams	string	g inde	ex >90%, '	Y balance		reach <40	em
weight bearing (50%) x 6 weeks Avoid external rotation x 4	Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 19+ weeks & Qu side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps										reach <4	em
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