Debridement, Chondroplasty, Lysis of Adhesions

	Name:					dob:			
	Dr: Doan					DOS:			
]								
ROM									
RESTRICTIONS	ROM & Muscle Initiation Flexion/Extension – Wall slide	1	2	3 4					
Full Range of Motion	Flexion/Ext - seated/calf assisted Patella/Tendon mobilization								
	Extension mobilization (no								
	hyperext)								
	Quad sets								
BRACE	Standing terminal knee extension								
SETTINGS	Hamstring sets								
None	Sit and reach for hamstrings (no								
	hypertext)								
	Ankle pumps Bike with no resistance								
	Progress to Endurance: 5+ weeks &	POM	1250	Oua	d sot tha	ttormina	lly oxto	nds tha	knoo
Weight	Muscular Endurance 3 x 15, 45s rest	KOIVI	>125	, Qua	5 - 7		ily exte		NIEE .
Bearing					5 - 7	F			
status	Lateral band stepping Single leg leg press								
	Squat progression								
Partial									
Partial weight	RDL Tuek squet								
Partial weight bearing x 1	Tuck squat	uad in		70%	/ halanc	e anteric	or reach	<8cm s	ide to side
weight		uad in	ndex >	70%, \	/ balanc	e anterio	or reach	<8cm s	ide to side
weight bearing x 1	Tuck squat Progress to strength: 8+ weeks & Qu	iad ir	ndex >	70%, 1	/ balanc		or reach 10+	<8cm s	ide to side
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Questions - Please call: Main Phone: (913) 319-7600 Dr. Doan's Patient Care Technician: (913) 319-7678 ext. 3123 Email: Info@kcorthoalliance.com