

# Debridement, Chondroplasty, Lysis of Adhesions

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Dr: Doan

DOS: \_\_\_\_\_

**ROM RESTRICTIONS**

Full Range of Motion

**BRACE SETTINGS**

None

**Weight Bearing status**

Partial weight bearing x 1 weeks

ROM & Muscle Initiation	1	2	3	4				
Flexion/Extension – Wall slide								
Flexion/Ext – seated/calf assisted								
Patella/Tendon mobilization								
Extension mobilization (no hyperext)								
Quad sets								
Standing terminal knee extension								
Hamstring sets								
Sit and reach for hamstrings (no hypertext)								
Ankle pumps								
Bike with no resistance								
<b>Progress to Endurance: 5+ weeks &amp; ROM &gt;125°, Quad set that terminally extends the knee</b>								
<b>Muscular Endurance 3 x 15, 45s rest</b>					5 – 7+			
Lateral band stepping								
Single leg leg press								
Squat progression								
RDL								
Tuck squat								
<b>Progress to strength: 8+ weeks &amp; Quad index &gt;70%, Y balance anterior reach &lt;8cm side to side difference</b>								
<b>Muscular Strength 3 x 10 120s rest</b>						8-10+		
Lateral band stepping								
Single leg leg press								
Hex bar squat								
Kettlebell deadlift								
Elevated split squat								
<b>Progress to power: 11+ weeks &amp; Quad index &gt;90%, Hamstring index &gt;90%, Y balance anterior reach &lt;4cm side to side difference</b>								
<b>Muscular Power 3 x 6, 180s rest</b>							11-13+	
Front squat								
Barbell deadlift								
Split jumps								
Sled drags								
<b>Progress to running: 14+ weeks &amp; Triple hop distance &gt;90% of unaffected side</b>								
<b>Running, Speed &amp; Agility</b>								14+
Running progression								
Ladder footwork drills								
Forward & backward cone drills								
Lateral cone drills								
<b>High Level Activities</b>						10+		
Golf, outdoor biking								
Clearance for other activities made by Dr Doan and based on different factors including passing the included progression criteria								