	Name:							DOB:				
	Dr: <u>Doan</u>							DOS:				
	Weeks from surgery											
ROM	ROM & Muscle Initiation	1	2	3	4	5	6	7	8-13+	14-19+	20-25+	26+
RESTRICTIONS	Flexion/Extension – wall slides											
	Flexion/Ext - seated/calf assisted											
FROM	Patella/Tendon mobilization				_							
	Extension mobilization (no											
BRACE	hyperext)											
SETTINGS	Quad sets											
	Hamstring sets											
	Terminal knee extension, Straight											
T scope 0-0 x	leg raise (when no quad lag)											
6 weeks	Ankle pumps											
	Bike with no resistance											
	Progress to Endurance: ROM >125°, Quad set that terminally extends the knee											
Weight	Muscular Endurance 3 x 15, 45s rest								8-13+			
Bearing	Lateral band stepping											
status	Single leg leg press											
	Squat progression											
TTWB x 2	RDL											
weeks then	Tuck squat											
PWB (50%) x 4 weeks then	Trogress to strength. 14+ weeks & Quad index >70%, I balance afterior reach voem side to side											
	difference									14.10	1	
I FVVB	Maria and an Chromoth 2 v. 10 1200 root											
FWB	Muscular Strength 3 x 10 120s rest									14-19+		
FVVB	Lateral band stepping									14-19+		
Patellar	Lateral band stepping Single leg leg press									14-19+		
Patellar mobility	Lateral band stepping Single leg leg press Hex bar squat									14-19+		
Patellar mobility lateral to	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift									14-19+		
Patellar mobility	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat				00/				00% V			
Patellar mobility lateral to	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Qu	uad i	nde	x >9	0%,	Ham	nstrir	ng inde	x >90%, Y		nterior rea	ach
Patellar mobility lateral to	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Qu <4cm side to side difference	uad i	nde	x >9	0%,	Ham	nstrir	ng inde.	x >90%, Y		nterior rea	ach
Patellar mobility lateral to	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Qu <4cm side to side difference Muscular Power 3 x 6, 180s rest	uad i	nde	x >9	0%,	Ham	nstrir	ng inde.	x >90%, Y I			ach
Patellar mobility lateral to	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Qu <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat	uad i	nde	x >9	0%,	Нат	nstrir	ng inde	x >90%, Y l			ach
Patellar mobility lateral to	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Ot <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift	uad i	inde	x >9	0%,	Ham	ostrir	ng inde.	x >90%, Y			ach
Patellar mobility lateral to	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Qu <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps	uad i	inde	x >9	0%,	Ham	nstrir	ng inde	x >90%, Y			ach
Patellar mobility lateral to	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Qu <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags									balance a		ach
Patellar mobility lateral to	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Ot <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 26+ weeks & To									balance a		ach
Patellar mobility lateral to	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Qu <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags									balance a		
Patellar mobility lateral to	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Ot < 4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 26+ weeks & To Running, Speed & Agility Running progression									balance a		
Patellar mobility lateral to	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Qu <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 26+ weeks & Tu Running, Speed & Agility									balance a		
Patellar mobility lateral to	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Questient of the control of									balance a		
Patellar mobility lateral to	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Ote < 4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 26+ weeks & Toe Running, Speed & Agility Running progression Ladder footwork drills Forward & backward cone drills Lateral cone drills									balance a		
Patellar mobility lateral to	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Questient of the control of									balance a	20-25+	26+
Patellar mobility lateral to	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Question of the content of the conten	riple	hop	dist	anco	e >9	0% (of unaff	ected side	balance al	20-25+	26+



Questions - Please call: Main Phone: (913) 319-7600

Dr. Doan's Patient Care Technician: (913) 319-7678 ext. 3123

Email: Info@kcorthoalliance.com