Meniscus Root

	Name:							DOB	:			
	Dr: Doan							DOS	:			
]											
ROM					eks			urgery				
RESTRICTIONS	ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+	27-30+
	Flexion/Extension – wall slides											
0-90 x 2 weeks then FROM	Flexion/Ext – seated/calf assisted											
	Patella/Tendon mobilization											
	Extension mobilization (no hyperext)											
	Quad sets											
BRACE SETTINGS T scope 0-0 x 6 weeks	Hamstring sets											
	Terminal knee extension, Straight											
	leg raise (when no quad lag)											
	Ankle pumps											
	Bike with no resistance											
	Progress to Endurance: ROM >125°,	Qua	ad se	et tha	at te	rmir	nally	exten		knee		
	Muscular Endurance 3 x 15, 45s rest								9-14+			
	Lateral band stepping											
Weight	Single leg leg press											
Bearing	Squat progression											
status	RDL											
NWB x 6	Tuck squat		lind		700/	Vb			atorior r	ach dam	aido to air	
weeks	Progress to strength: 15+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference											
		_		_								
	Muscular Strength 3 x 10 120s rest									15-20+		
Nersen	Muscular Strength 3 x 10 120s rest Lateral band stepping									15-20+		
No open										15-20+		
No open chain resisted	Lateral band stepping									15-20+		
chain	Lateral band stepping Single leg leg press									15-20+		
chain resisted	Lateral band stepping Single leg leg press Hex bar squat									15-20+		
chain resisted hamstring x	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Qu	l l l l l l l l l l l l l l l l l l l	nde	x >90)%, F	lam	ostrin	g inde	ex >90%		e anterior r	reach
chain resisted hamstring x	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Qu <4cm side to side difference	lad i	nde	x >90)%, F	lam	ostrin	g inde	ex >90%			each
chain resisted hamstring x	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Qu <4cm side to side difference Muscular Power 3 x 6, 180s rest	uad i	nde	x >90)%, F	lam	ostrin	g inde	ex >90%		e anterior r	reach
chain resisted hamstring x	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Qu <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat	iad i	nde	x >90)%, F	Ham	ostrin	g inde	>90%			reach
chain resisted hamstring x	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Qu <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift	iad i	nde	x >90)%, F	Ham	ostrin	g inde	ex >90%			each
chain resisted hamstring x	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Qu <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps	lad i	nde	x >90)%, F	lam	strin	g inde	>90%			each
chain resisted hamstring x	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Qu <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags									, Y balance		
chain resisted hamstring x	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ 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: 27+ weeks & Tr									, Y balance		
chain resisted hamstring x	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ 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: 27+ weeks & Tr Running, Speed & Agility									, Y balance		each
chain resisted hamstring x	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ 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: 27+ weeks & Tr Running, Speed & Agility Running progression									, Y balance		
chain resisted hamstring x	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ 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: 27+ weeks & Tr Running, Speed & Agility Running progression Ladder footwork drills									, Y balance		
chain resisted hamstring x	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ 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: 27+ weeks & Tr Running, Speed & Agility Running progression Ladder footwork drills Forward & backward cone drills									, Y balance		
chain resisted hamstring x	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ 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: 27+ weeks & Tr Running, Speed & Agility Running progression Ladder footwork drills Forward & backward cone drills Lateral cone drills									, Y balance		
chain resisted hamstring x	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ 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: 27+ weeks & Tr Running, Speed & Agility Running progression Ladder footwork drills Forward & backward cone drills Lateral cone drills High Level Activities									, Y balance	21-26+	
chain resisted hamstring x	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ 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: 27+ weeks & Tr Running, Speed & Agility Running progression Ladder footwork drills Forward & backward cone drills Lateral cone drills		hop	dista	ance	÷>9(0% c	of unal		, Y balance	21-26+ 21-26+ 21-26+	27-30+



Questions - Please call: Main Phone: (913) 319-7600 Dr. Doan's Patient Care Technician: (913) 319-7678 ext. 3123 Email: Info@kcorthoalliance.com