

Debridement, Chondroplasty, Partial Meniscectomy

Name: _____

DOB: _____

Dr: Doan

DOS: _____

ROM RESTRICTIONS

Full Range of Motion

BRACE SETTINGS

None

Weight Bearing status

Partial weight bearing x 1 weeks then advance as tolerated

| 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 | | | | | | | | |
| Progress to Endurance: 5+ weeks & ROM >125°, Quad set that terminally extends the knee | | | | | | | | |
| Muscular Endurance 3 x 15, 45s rest | | | | | 5 - 7+ | | | |
| Lateral band stepping | | | | | | | | |
| Single leg leg press | | | | | | | | |
| Squat progression | | | | | | | | |
| RDL | | | | | | | | |
| Tuck squat | | | | | | | | |
| Progress to strength: 8+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference | | | | | | | | |
| Muscular Strength 3 x 10 120s rest | | | | | | 8-10+ | | |
| Lateral band stepping | | | | | | | | |
| Single leg leg press | | | | | | | | |
| Hex bar squat | | | | | | | | |
| Kettlebell deadlift | | | | | | | | |
| Elevated split squat | | | | | | | | |
| Progress to power: 11+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference | | | | | | | | |
| Muscular Power 3 x 6, 180s rest | | | | | | | 11-13+ | |
| Front squat | | | | | | | | |
| Barbell deadlift | | | | | | | | |
| Split jumps | | | | | | | | |
| Sled drags | | | | | | | | |
| Progress to running: 14+ weeks & Triple hop distance >90% of unaffected side | | | | | | | | |
| Running, Speed & Agility | | | | | | | | 14+ |
| Running progression | | | | | | | | |
| Ladder footwork drills | | | | | | | | |
| Forward & backward cone drills | | | | | | | | |
| Lateral cone drills | | | | | | | | |
| High Level Activities | | | | | | 10+ | | |
| Golf, outdoor biking | | | | | | | | |
| Clearance for other activities made by Dr Doan and based on different factors including passing the included progression criteria | | | | | | | | |