	Name:							DOB:				
	Dr: Doan							DOS:				
				١٨/-	- 1	<b></b>						
ROM	DOM ON LIVE		l .					urgery 7-8	0.44	45.00	04.07	07
RESTRICTIONS	ROM & Muscle Initiation	1	2	3	4	5	6	7-0	9-14+	15-20+	21-26+	27+
	Flexion/Extension - Wall slides											
<u>KNEE</u> : 0–90 x	Flexion/Ext - seated/calf assisted											
2 weeks then	Patella/Tendon mobilization											
FROM	Extension mobilization (no hyperext)											
ANKLE: FROM	Quad series											
7 TIVILLE. I ROW	Hamstring sets											
	Sit and reach for hamstrings (no hypertext)											
Weight	Ankle pumps											
Bearing	Bike with no resistance											
status	Progress to Endurance: ROM >125°, Quad set that terminally extends the knee											
	Muscular Endurance 3 x 15, 45s rest	, cu		J. 17	at te	411111	lany	Ontone	9-14+			
FWB,	Lateral band stepping								7 111			
advance as	Single leg leg press											
tolerated												
	Squat progression											
	RDL											
	Tuck squat				700/					/- O		
	Progress to strength: 15+ weeks & 0 difference	Juac	ina i	ex >	70%	), Y L	oaia	nce an	terior react	n <8cm sid	ie io siae	
										15-20+		
	Muscular Strength 3 x 10 120s rest									15-20+		
	Muscular Strength 3 x 10 120s rest Lateral band stepping									15-20+		
	Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press									15-20+		
	Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press Hex bar squat									15-20+		
	Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift									15-20+		
	Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat	uad i	inde	x >9	0%	Ham	ostrir	ng inde	x >90% Y h		nterior rea	Ch
	Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift	uad i	inde	x >9	0%,	Ham	nstrir	ng inde:	x >90%, Y k		nterior rea	ch
	Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Qu	uad i	inde	x >90	0%,	Нат	nstrir	ng inde:	x >90%, Y k		nterior rea	ch
	Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Question of the control of the contro	uad i	inde	x >9	0%,	Нат	nstrir	ng inde	x >90%, Y k			ch
	Muscular Strength 3 x 10 120s rest 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	inde	x >90	0%,	Нат	nstrir	ng inde	x >90%, Y k			ch
	Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Ot <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat	uadi	inde	x >90	0%,	Ham	nstrir	ng inde.	x >90%, Y k			ch
	Muscular Strength 3 x 10 120s rest 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	uuad i	inde	x >9	0%,	Ham	nstrir	ng inde.	x >90%, Y k			ch
	Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Ot <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps									palance ai		ch
	Muscular Strength 3 x 10 120s rest 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									palance ai		ch
	Muscular Strength 3 x 10 120s rest  Lateral band stepping  Single leg leg press  Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 21+ weeks & Outer Company of the side of									palance ai	21-26+	ch
	Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ 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: 27+ weeks & To									palance ai	21-26+	ch
	Muscular Strength 3 x 10 120s rest  Lateral band stepping  Single leg leg press  Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 21+ 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: 27+ weeks & Tenning, Speed & Agility  Running progression  Ladder footwork drills									palance ai	21-26+	ch
	Muscular Strength 3 x 10 120s rest  Lateral band stepping  Single leg leg press  Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 21+ weeks & Questing value of the side o									palance ai	21-26+	ch
	Muscular Strength 3 x 10 120s rest  Lateral band stepping  Single leg leg press  Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 21+ 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: 27+ weeks & T.  Running, Speed & Agility  Running progression  Ladder footwork drills  Forward & backward cone drills  Lateral cone drills									palance ai	21-26+	ch
	Muscular Strength 3 x 10 120s rest  Lateral band stepping  Single leg leg press  Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 21+ weeks & Otel <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 & Tomogress to running: 27+ weeks & Tomogression  Ladder footwork drills  Forward & backward cone drills  Lateral cone drills  High Level Activities									palance ai	21-26+	ch
	Muscular Strength 3 x 10 120s rest  Lateral band stepping  Single leg leg press  Hex bar squat  Kettlebell deadlift  Elevated split squat  Progress to power: 21+ 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: 27+ weeks & T.  Running, Speed & Agility  Running progression  Ladder footwork drills  Forward & backward cone drills  Lateral cone drills	riple	hop	dist	anco	e >9	0% (	of unaff	ected side	palance ai	21-26+	



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

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

Email: <u>Info@kcorthoalliance.com</u>