| | Name: | | | | | | | DOB: | | | | | |
|---------------------------------------|--|-------|-------|-------|-------|-------|--------|----------|-------------|------------|-------------|-----|--|
| | Dr: Doan | | | | | | | DOS: | | | | | |
| | | | | | | | | | | | | | |
| DOM | | _ | | | eks | | m sı | urgery | | | | | |
| ROM RESTRICTIONS | ROM & Muscle Initiation | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8-13+ | 14-19+ | 20-25+ | 26+ | |
| M2011110110110 | Flexion/Extension - wall slides | | | | | | | | | | | | |
| FROM | Flexion/Ext - seated/calf assisted | | | | | | | | | | | | |
| | Patella/Tendon mobilization | | | | | | | | | | | | |
| | Extension mobilization (no hyperext) | | | | | | | | | | | | |
| BRACE SETTINGS | Quad sets | | | | | | | | | | | | |
| 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°, 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 weeks then PWB (50%) x | RDL | | | | | | | | | | | | |
| | Tuck squat | | | | | | | | | | | | |
| 4 weeks then | Progress to strength: 14+ weeks & C | Quac | l ind | ex > | 70% | , Y Ł | oala | nce an | terior reac | h <8cm sid | le to side | | |
| FWB | ullierence | | | | | | | | | | | | |
| FWB | Muscular Strength 3 x 10 120s rest | | | | | | | | | 14-19+ | | | |
| FWB | Muscular Strength 3 x 10 120s rest Lateral band stepping | | | | | | | | | 14-19+ | | | |
| | Lateral band stepping | | | | | | | | | 14-19+ | | | |
| Patellar | Lateral band stepping Single leg leg press | | | | | | | | | 14-19+ | | | |
| Patellar mobility | Lateral band stepping | | | | | | | | | 14-19+ | | | |
| Patellar | Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift | | | | | | | | | 14-19+ | | | |
| Patellar mobility lateral to | Lateral band stepping Single leg leg press Hex bar squat | uad i | nde | x >90 | 0%, 1 | Ham | nstrir | ng inde. | x >90%, Y I | | nterior rea | och | |
| 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 >90 | 0%, | Ham | nstrir | ng inde. | x >90%, Y I | | | och | |
| 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 >90 | 0%, | Ham | nstrir | ng inde. | x >90%, Y I | | nterior rea | ch | |
| 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 >90 | 0%, | Ham | nstrir | ng inde. | x >90%, Y I | | | och | |
| 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 | uad i | nde | x >90 | 0%, | Ham | nstrir | ng inde. | x >90%, Y I | | | och | |
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| 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 | | | | | | | | | palance ar | | 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 & Quantification of the state of the side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 26+ weeks & Ticknown, Speed & Agility Running, Speed & Agility Running progression | | | | | | | | | palance ar | | | |
| Patellar mobility lateral to | Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 20+ weeks & Queleta difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 26+ weeks & Turning, Speed & Agility Running progression Ladder footwork drills | | | | | | | | | palance ar | | | |
| 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 Running progression Ladder footwork drills Forward & backward cone drills | | | | | | | | | palance ar | | | |
| 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 control of the contro | | | | | | | | | palance ar | 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 & Questie de difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 26+ weeks & Turning, Speed & Agility Running progression Ladder footwork drills Forward & backward cone drills Lateral cone drills High Level Activities | | | | | | | | | palance ar | | | |
| 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 control of the contro | riple | hop | dista | ance | e >9 | 0% (| of unaff | ected side | palance ar | 20-25+ | 26+ | |



Questions - Please call: