## Debridement, Chondroplasty, Partial Menisectomy

	Name: Dr: Rothenberg					DOB: DOS:			
	<u></u>					-			
ROM	ROM & Muscle Initiation	1	2	3	4				
RESTRICTION S	Flexion/Extension – Wall slide								
	Flexion/Ext - seated/calf								
	assisted								
ull Range of	Patella/Tendon mobilization								
Motion	Extension mobilization (no								
	hyperext)								
	Quad sets								
DDAGE	Standing terminal knee								
BRACE	extension								
SETTINGS	Hamstring sets								
	Sit and reach for hamstrings (no								
None	hypertext)								
	Ankle pumps								
	Bike with no resistance								
Weight	Progress to Endurance: 5+ weeks	\$ & RC	<b>)M &gt;</b> 1	125°,	Quad	d set that t	terminally	y extends	the knee
Weight	Muscular Endurance 3 x 15, 45s rest					5 – 7+			
Bearing	Lateral band stepping								
status	Single leg leg press								
	Squat progression								
D	RDL								
Partial	Tuck squat								
weight	Progress to strength: 8+ weeks &	Qua	d inc	lex >	70%,	Y balance	anterior	reach <8c	m side to
bearing x 1	side difference								
veeks then	Muscular Strength 3 x 10 120s						8-10+		
advance as	rest								
tolerated	Lateral band stepping	<u> </u>							
	Single leg leg press	<u> </u>							
	Hex bar squat	<u> </u>							
	Kettlebell deadlift								
	Elevated split squat								
	Progress to power. 11+ weeks & Q				%, Н	amstring i	ndex >909	%, Y balan	ice
	anterior reach <4cm side to side	diffe	renc	e				T	
	Muscular Power 3 x 6, 180s rest	4						11-13+	
	Front squat	_							
	Barbell deadlift	-		-	-				
	Split jumps	+		-	-				
	Sled drags	<u> </u>	<u> </u>	<u> </u>	<u> </u>				
	Progress to running: 14+ weeks & Triple hop distance >90% of unaffected side								
	Running, Speed & Agility								14+
	Running progression			-	1				
	Ladder footwork drills			-	1				
	Forward & backward cone drills			-	1				
	Lateral cone drills		1	1	1	1	1	1	