ACL + Meniscus Repair

	Name:								OB:					
	Dr: <u>Rothenberg</u>								OS:					
	Weeks from surgery													
ROM	ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-16+	13 –18+	19-24+	25–28+	29+	
RESTRICTIONS	Flexion/Extension.													
0-90 x 2	Flexion/Ext – seated/calf													
weeks then FROM	assisted													
	Patella/Tendon mobilization Extension mobilization (no													
	hyperext)													
BRACE SETTINGS	Quad sets													
	Hamstring sets													
	Terminal knee ext, Straight leg raise (when no quad lag)													
T scope 0-0 x 6 weeks	Ankle pumps													
	Bike with no resistance													
	Progress to Endurance: 8+ weeks	& R(OM:	>125	50, G)uac	l set	that t		y extends :	the knee			
	Muscular Endurance 3 x 15, 45s rest								9-16+					
Weight	Lateral band stepping													
Bearing	Single leg leg press													
status	Squat progression RDL													
NWB x 6	Tuck squat													
weeks	Progress to Strength: 16+ weeks &	Qu	ad ii	nde	∟ x >7	0%.	Y bo	alance	e anterio	r reach <8	 cm side t	o side		
	difference					-,-,								
	Muscular Strength 3 x 10 120s rest									17-22+				
	Lateral band stepping													
	Single leg leg press													
	Hex bar squat													
	Kettlebell deadlift													
	Elevated split squat													
	Progress to power: 22+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference													
	Muscular Power 3 x 6, 180s rest										19-24+			
	Front squat													
	Barbell deadlift													
	Split jumps													
	Sled drags													
	Progress to running: 28+ weeks & 1	Tripl	e ho	p d	istaı	nce	>90	$\%$ of ${\sf u}$	naffecte	ed side	_	_	1	
	Running, Speed & Agility											25-28+		
	Running progression													
	Ladder footwork drills													
	Ladder footwork drills Forward & backward cone drills													
	Ladder footwork drills Forward & backward cone drills Lateral cone drills													
	Ladder footwork drills Forward & backward cone drills											25-28+		