	Name:						DOB						
	Dr: Cinque						DOS:						
Weeks													
ROM	ROM & Muscle Initiation	1	2	3	4	5	6	7 – 12+	13 –18+	19-24+	25-28+	29+	
RESTRICTION	Flexion/Extension – Wall slide												
Full Range of Motion	Flexion/Ext – seated/calf assisted												
	Patella/Tendon mobilization												
771011011	Extension mobilization (no												
	hyperext)		-										
	Quad sets		-										
BRACE SETTINGS T scope 0-0 x 2 weeks or until no quad lag then 0-90 until	Hamstring sets Terminal knee extension, Straight		-			-	-						
	leg raise (when no quad lag)												
	Bike with no resistance												
	Progress to Endurance: ROM >125°	, Qua	d set	that	term	inally	exten	ds the kn	ee		•		
	Muscular Endurance 3 x 15, 45s rest							7 – 12+					
6wks	Lateral band stepping												
	Single leg leg press												
	Squat progression												
)	RDL												
Weight Bearing	Tuck squat												
status	Progress to strength: 13+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference												
	Muscular Strength 3 x 10 120s rest								13-18+				
Partial weight bearing x 2 weeks	Lateral band stepping												
	Single leg leg press												
	Hex bar squat												
	Kettlebell deadlift												
	Elevated split squat												
	Progress to power: 19+ 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: 25+ weeks & T	riple l	nop d	istan	ce >	90% (of unaf	fected si	de				
	Running, Speed & Agility										25-28+		
	Running progression												
	Ladder footwork drills												
	Forward & backward cone drills												
	Lateral cone drills												
	High Level Activities									19-24+			
	Golf, outdoor biking												
	Clearance for other activities mad included progression criteria	Clearance for other activities made by Dr Cinque and based on different factors including passing the included progression criteria											