Dr. Mark E Cinque MD Physical Therapy Protocol ACL Reconstruction + Meniscal Repair

Flexion/Extension. Flexion/Ext – seated/calf assisted Patella/Tendon mobilization Extension mobilization (no hyperext) Quad sets Hamstring sets Straight leg raise, terminal knee extension (when no quad lag) Ankle pumps Bike with no resistance Progress to Endurance: 8+ weeks & ROM >125°, Quad set that terminally extends the knee Muscular Endurance 3 x 15, 45s rest Lateral band stepping Single leg leg press Squat progression RDL Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference Muscular Strength 3 x 10 120s rest Lateral band stepping 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 Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility Running progression	ROM & Muscle Initiation	1	2	3	4	5	6	7- 12+	13 – 18+	19– 24+	25– 28+	29+
Patella/Tendon mobilization Extension mobilization (no hyperext) Quad sets Hamstring sets Straight leg raise, terminal knee extension (when no quad lag) Ankle pumps Bike with no resistance Progress to Endurance: 8+ weeks & ROM >125°, Quad set that terminally extends the knee Muscular Endurance 3 x 15, 45s rest Lateral band stepping Single leg leg press Squat progression RDL Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press Squat progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference 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: 22+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility 25- 28+	Flexion/Extension.											
Extension mobilization (no hyperext) Quad sets Hamstring sets Straight leg raise, terminal knee extension (when no quad lag) Ankle pumps Bike with no resistance Progress to Endurance: 8+ weeks & ROM >125°, Quad set that terminally extends the knee Muscular Endurance 3 x 15, 45s rest Lateral band stepping Single leg leg press Squat progression RDL Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press Hex bar squat Kettlebelt 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 Front squat Barbelt deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility 25- 28+	Flexion/Ext – seated/calf assisted											
Nyperext) Quad sets Hamstring sets Straight leg raise, terminal knee extension (when no quad lag) Ankle pumps Bike with no resistance Progress to Endurance: 8+ weeks & ROM >125°, Quad set that terminally extends the knee Muscular Endurance 3 x 15, 45s rest Lateral band stepping Single leg leg press Squat progression RDL Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference 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: 22+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility	Patella/Tendon mobilization											
Quad sets Hamstring sets Straight leg raise, terminal knee extension (when no quad lag) Ankle pumps Bike with no resistance Progress to Endurance: 8+ weeks & ROM > 125°, Quad set that terminally extends the knee Muscular Endurance 3 x 15, 45s rest Lateral band stepping Single leg leg press Squat progression RDL Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press Hex bar squat 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 Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility	Extension mobilization (no											
Hamstring sets Straight leg raise, terminal knee extension (when no quad lag) Ankle pumps Bike with no resistance Progress to Endurance: 8+ weeks & ROM >125°, Quad set that terminally extends the knee Muscular Endurance 3 x 15, 45s rest Lateral band stepping Single leg leg press Squat progression RDL Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference 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: 22+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility	hyperext)											
Straight leg raise, terminal knee extension (when no quad lag) Ankle pumps Bike with no resistance Progress to Endurance: 8+ weeks & ROM >125°, Quad set that terminally extends the knee Muscular Endurance 3 x 15, 45s rest Lateral band stepping Single leg leg press Squat progression RDL Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference 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: 22+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference Muscular Power 3 x 6, 180s rest Barbell deadlift Split jumps Sted drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility Ankle pumps Sted drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility	Quad sets											
extension (when no quad lag) Ankle pumps Bike with no resistance Progress to Endurance: 8+ weeks & ROM >125°, Quad set that terminally extends the knee Muscular Endurance 3 x 15, 45s rest Lateral band stepping Single leg leg press Squat progression RDL Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference 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: 22+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility 25- 28+	Hamstring sets											
Ankle pumps Bike with no resistance Progress to Endurance: 8+ weeks & ROM >125°, Quad set that terminally extends the knee Muscular Endurance 3 x 15, 45s rest Lateral band stepping Single leg leg press Squat progression RDL Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference 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: 22+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference Muscular 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 Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility 25- 28+	Straight leg raise, terminal knee											
Bike with no resistance Progress to Endurance: 8+ weeks & ROM >125°, Quad set that terminally extends the knee Muscular Endurance 3 x 15, 45s rest Lateral band stepping Single leg leg press Squat progression RDL Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference 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: 22+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility	extension (when no quad lag)											
Progress to Endurance: 8+ weeks & ROM >125°, Quad set that terminally extends the knee Muscular Endurance 3 x 15, 45s rest Lateral band stepping Single leg leg press Squat progression RDL Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference 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: 22+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference Muscular 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 Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility 25- 28+	Ankle pumps											
Muscular Endurance 3 x 15, 45s rest Lateral band stepping Single leg leg press Squat progression RDL Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference 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: 22+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference Muscular Power 3 x 6, 180s rest Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility 7- 12+ 12+ 12+ 12+ 12+ 12+ 12+ 12+ 12+ 12+	Bike with no resistance											
Muscular Endurance 3 x 15, 45s rest Lateral band stepping Single leg leg press Squat progression RDL Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference 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: 22+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility 7- 12+ 12+ 12+ 12+ 12+ 12+ 12+ 12+ 12+ 12+	Progress to Endurance: 8+ weeks	& R	ОМ	>12	25º,	Qua	ad s	set that	termin	nally ex	tends t	he
Lateral band stepping Single leg leg press Squat progression RDL Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference 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: 22+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference Muscular 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 Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility	knee											
Lateral band stepping Single leg leg press Squat progression RDL Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference Muscular Strength 3 x 10 120s	Muscular Endurance 3 x 15, 45s							7-				
Single leg leg press Squat progression RDL Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference 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: 22+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference Muscular Power 3 x 6, 180s rest Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility A company to the company to	rest							12+				
Squat progression RDL Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference 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: 22+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference Muscular Power 3 x 6, 180s rest Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility	Lateral band stepping											
RDL Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference Muscular Strength 3 x 10 120s	Single leg leg press											
Tuck squat Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference Muscular Strength 3 x 10 120s	Squat progression											
Progress to strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference Muscular Strength 3 x 10 120s	RDL											
Side to side difference 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: 22+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility 13- 18+ 18+ 18- 18+ 19- 24+ 19- 24+ Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side	Tuck squat											
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 Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility 18+		k Qu	ad i	inde	ex >	70 %	6, Y	' balan	ce ante	rior rea	ch <8c	m
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 Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility												
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 Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility	Lateral band stepping											
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 Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility Running, Speed & Agility	Single leg leg press											
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 Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility	Hex bar 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 Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility Running, Speed & Agility	Kettlebell deadlift											
Anterior reach <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility 19- 24+ 24+ 24+ 25- 28+	Elevated split squat											
Front squat Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility 24+ 24+ 24+ 24+ 8- 8- 8- 8- 8- 8- 8- 8- 8- 8	Progress to power: 22+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference											
Barbell deadlift Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility 25- 28+	Muscular Power 3 x 6, 180s rest											
Split jumps Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility 25- 28+	·											
Sled drags Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility 25- 28+	Barbell deadlift											
Progress to running: 28+ weeks & Triple hop distance >90% of unaffected side Running, Speed & Agility 25- 28+	Split jumps											
Running, Speed & Agility 25- 28+	Sled drags											
Running, Speed & Agility 28+	Progress to running: 28+ weeks &	Trip	le h	ор	dis	tan	ce >	90% o	f unaffe	ected s	ide	
	Running, Speed & Agility											
	Running progression											

Dr. Mark E Cinque MD Physical Therapy Protocol ACL Reconstruction + Meniscal Repair

Ladder footwork drills						
Forward & backward cone drills						
Lateral cone drills						
High Level Activities					25- 28+	29+
Golf, outdoor biking						

Clearance for other activities made by Dr Cinque and based on different factors including passing the included progression criteria