Meniscus Root

	Name:							DOB	:			
	Dr: Cinque							DOS	:			
]											
ROM								urgery				
RESTRICTIONS	ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+	27-30+
	Flexion/Extension – wall slides											
0-90 x 2 weeks then FROM	Flexion/Ext – seated/calf assisted								-			
	Patella/Tendon mobilization Extension mobilization (no											
	hyperext)											
	Quad sets											
BRACE SETTINGS	Hamstring sets											
	Terminal knee extension, Straight											
	leg raise (when no quad lag)											
T scope 0-0 x 6 weeks	Ankle pumps											
	Bike with no resistance							e vite e				
	Progress to Endurance: ROM >125°, Muscular Endurance 3 x 15, 45s rest	, QUO	ja se	er in	ar re	mir	ally	exten	as me k 9-14+	nee		
									9-14+			
	Lateral band stepping Single leg leg press		-									
Weight	Squat progression		-									
Bearing status	RDL											
	Tuck squat											
NWB x 6		Juac	l ind	ex >	70%	YF	alar	nce ar	nterior re	ach <8cm	side to sid	 e
weeks	Progress to strength: 15+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference											
	Muscular Strength 3 x 10 120s rest									15-20+		
	11											
Noopen	Lateral band stepping											
No open chain	Lateral band stepping Single leg leg press											
No open chain resisted												
chain resisted hamstring x	Single leg leg press											
chain resisted	Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat											
chain resisted hamstring x	Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Qu	vad i	nde	x >91	0%, I	Ham	strin	g inde	ex >90%,	Y balance	anterior re	each
chain resisted hamstring x	Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Qu <4cm side to side difference	vad i	nde	к >9()%, I	Ham	strin	g inde	ex >90%,	Y balance	anterior re	each
chain resisted hamstring x	Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Qu <4cm side to side difference Muscular Power 3 x 6, 180s rest	yad i	nde	x >9(0%, I	Ham	ostrin	g inde	ex >90%,	Y balance		each
chain resisted hamstring x	Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Qu <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat	vad i	nde	x >91	0%, I	Ham	ostrin	g inde	ex >90%,	Y balance		each
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