	Name:							DOB:	·			
	Dr: Cinque							DOS:				
	Weeks from surgery											
ROM	ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+	27+
RESTRICTIONS	Flexion/Extension – Wall slides	Ŧ								.0 20	2. 20	
10.155 0.00	Flexion/Ext – seated/calf assisted											
KNEE: 0–90 x 2 weeks then FROM	Patella/Tendon mobilization											
	Extension mobilization (no											
	hyperext)											
ANKLE: FROM	Quad series											
	Hamstring sets											
	Sit and reach for hamstrings (no hypertext)											
Weight	Ankle pumps											
Bearing status	Bike with no resistance											
	Progress to Endurance: ROM >125°, Quad set that terminally extends the knee											
5)5	Muscular Endurance 3 x 15, 45s rest								9-14+			
FWB,	Lateral band stepping											
advance as tolerated	Single leg leg press											
loleialea	Squat progression											
	RDL											
	Tuck squat											
	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+		
	Lateral band stepping											
	Single leg leg press											
	Hex bar squat											
	Kettlebell deadlift											
	Elevated split squat											
	Progress to power: 21+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference											
	<4cm side to side difference			X ~ 71	0%,	Ham	nstrin	ig inae	X >90%, Y I	paiance ar	nterior rea	
	4cm side to side difference Muscular Power 3 x 6, 180s rest		inac.	X ~7	0%,	Ham	nstrin	ig inde	K >90%, Y K	balance ar	21-26+	
				A 27	0%,	Ham	nstrin	ig inde	k >90%, Y k	balance ar		
	Muscular Power 3 x 6, 180s rest				0%,	Ham	nstrin	ig inde	k >90%, Y k	balance ar		
	Muscular Power 3 x 6, 180s rest Front squat			X > 71	0%,	Ham	nstrin	ig inde	K >90%, Y K	odiance ar		
	Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift			X 270	0%,	Ham	nsfrin	ig index	K >90%, Y E	odiance ar		
	Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps	riple										
	Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags	riple										
	Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 27+ weeks & 1 Running, Speed & Agility	riple									21-26+	
	Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 27+ weeks & 1	riple									21-26+	
	Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 27+ weeks & 1 Running, Speed & Agility Running progression	riple									21-26+	
	Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 27+ weeks & 1 Running, Speed & Agility Running progression Ladder footwork drills	riple									21-26+	
	Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 27+ weeks & 1 Running, Speed & Agility Running progression Ladder footwork drills Forward & backward cone drills	riple									21-26+	
	Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 27+ weeks & 1 Running, Speed & Agility Running progression Ladder footwork drills Forward & backward cone drills Lateral cone drills High Level Activities	riple									21-26+	
	Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 27+ weeks & 1 Running, Speed & Agility Running progression Ladder footwork drills Forward & backward cone drills Lateral cone drills		hop	dist	ance	e >9	00% c	of unaff	ected side		21-26+	