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DOB: \_\_\_\_\_

DOS: \_\_\_\_\_

FWB,  
advance as  
tolerated

Weeks from surgery											
ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+	27+
Flexion/Extension – Wall slides											
Flexion/Ext – seated/calf assisted											
Patella/Tendon mobilization											
Extension mobilization (no hyperext)											
Quad series											
Hamstring sets											
Sit and reach for hamstrings (no hypertext)											
Ankle pumps											
Bike with no resistance											
<b>Progress to Endurance: ROM &gt;125°, Quad set that terminally extends the knee</b>											
Muscular Endurance 3 x 15, 45s rest								9-14+			
Lateral band stepping											
Single leg leg press											
Squat progression											
RDL											
Tuck squat											
<b>Progress to strength: 15+ weeks &amp; Quad index &gt;70%, Y balance anterior reach &lt;8cm side to side difference</b>											
Muscular Strength 3 x 10 120s rest									15-20+		
Lateral band stepping											
Single leg leg press											
Hex bar squat											
Kettlebell deadlift											
Elevated split squat											
<b>Progress to power: 21+ weeks &amp; Quad index &gt;90%, Hamstring index &gt;90%, Y balance anterior reach &lt;4cm side to side difference</b>											
Muscular Power 3 x 6, 180s rest										21-26+	
Front squat											
Barbell deadlift											
Split jumps											
Sled drags											
<b>Progress to running: 27+ weeks &amp; Triple hop distance &gt;90% of unaffected side</b>											
Running, Speed & Agility										21-26+	
Running progression											
Ladder footwork drills											
Forward & backward cone drills											
Lateral cone drills											
High Level Activities										21-26+	
Golf, outdoor biking											
Clearance for other activities made by Dr Cinque and based on different factors including passing the included progression criteria											