

Debridement, Chondroplasty, Lysis of Adhesions

Name: _____

DOB: _____

Dr: Rothenberg

DOS: _____

ROM RESTRICTIONS

Full Range of Motion

BRACE SETTINGS

None

Weight Bearing status

Partial weight bearing x 1 weeks

ROM & Muscle Initiation	1	2	3	4				
Flexion/Extension - Wall slide								
Flexion/Ext - seated/calf assisted								
Patella/Tendon mobilization								
Extension mobilization (no hyperext)								
Quad sets								
Standing terminal knee extension								
Hamstring sets								
Sit and reach for hamstrings (no hypertext)								
Ankle pumps								
Bike with no resistance								
Progress to Endurance: 5+ weeks & ROM >125°, Quad set that terminally extends the knee								
Muscular Endurance 3 x 15, 45s rest					5 - 7+			
Lateral band stepping								
Single leg leg press								
Squat progression								
RDL								
Tuck squat								
Progress to strength: 8+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference								
Muscular Strength 3 x 10 120s rest						8-10+		
Lateral band stepping								
Single leg leg press								
Hex bar squat								
Kettlebell deadlift								
Elevated split squat								
Progress to power: 11+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference								
Muscular Power 3 x 6, 180s rest							11-13+	
Front squat								
Barbell deadlift								
Split jumps								
Sled drags								
Progress to running: 14+ weeks & Triple hop distance >90% of unaffected side								
Running, Speed & Agility								14+
Running progression								
Ladder footwork drills								
Forward & backward cone drills								
Lateral cone drills								
High Level Activities						10+		
Golf, outdoor biking								
Clearance for other activities made by Dr Rothenberg and based on different factors including passing the included progression criteria								