## ACL + Meniscus Root

	Name:							D	OB:						
	Dr: <u>Cinque</u>				DOS:										
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POM				We	eek	s fro	om s	surge							
ROM RESTRICTIONS	ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-16+	13 –18+	19–24+	25–28+	29+		
	Flexion/Extension.														
0-90 x 2 weeks then FROM	Flexion/Ext – seated/calf assisted														
	Patella/Tendon mobilization														
	Extension mobilization (no														
	hyperext)														
BRACE SETTINGS	Quad sets														
	Hamstring sets														
	Terminal knee ext, Straight leg raise (when no quad lag)														
T scope 0-0 x 6 weeks	Ankle pumps														
	Bike with no resistance														
	Progress to Endurance: 8+ weeks	& R(	ОМ	>125	5º, Q	uad	l set	that t	erminall	y extends	the knee				
	Muscular Endurance 3 x 15, 45s rest								9-16+						
Weight Bearing status	Lateral band stepping														
	Single leg leg press														
	Squat progression														
	RDL														
NWB x 6	Tuck squat														
weeks	Progress to Strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference														
	Muscular Strength 3 x 10 120s									17-22+					
	rest														
	Lateral band stepping														
	Single leg leg press														
	Hex bar squat														
	Kettlebell deadlift														
	Elevated split squat				0.00	7 11						•••••			
	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										19-24+				
	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+			
	Running progression														
	Ladder footwork drills														
	Forward & backward cone drills														
	Lateral cone drills														
	High Level Activities											25-28+			
	Golf, outdoor biking														