Debridement, Chondroplasty, Lysis of Adhesions

Name: _____   DOB: _____

Dr: _Cinque_____   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 >125⁰, 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 Cinque and based on different factors including passing the included progression criteria								