

## ACL + Meniscus Root



, root vice of valid roots and roots	Name:							D	OB:					
	Dr: Godin							D	OS:					
	1													
	Weeks from surgery													
ROM RESTRICTIO	ROM & Muscle Initiation	1	2	3	4	5	6	<i>7</i> -8	9- 16+	13 - 18+	19- 24+	25- 28+	29+	
NS	Flexion/Extension.													
	Flexion/Ext - seated/calf assisted													
0-90 x 2	Patella/Tendon mobilization													
weeks then	Extension mobilization (no													
FROM	hyperext)													
	Quad sets													
22465	Hamstring sets													
BRACE SETTINGS	Terminal knee ext, Straight leg													
SEITINGS	raise (when no quad lag)													
	Ankle pumps Bike with no resistance													
T scope 0-0 x		PO	A4 >	125	<u> </u>			16 1 4 1	:		<u> </u>			
6 weeks	Progress to Endurance: 8+ weeks & ROM >125°, Quad set that terminally extends the knee  Muscular Endurance 3 x 15, 45s 9-													
o wooks	rest								16+					
	Lateral band stepping													
	Single leg leg press													
Weight	Squat progression													
Bearing	RDL													
status	Tuck squat													
	Progress to Strength: 16+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference													
NWB x 6	Muscular Strength 3 x 10									17-22+				
weeks	120s rest													
	Lateral band stepping													
	Single leg leg press													
	Hex bar squat													
	Kettlebell deadlift													
	Elevated split squat													
	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										19-24+			
	rest													
	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							