

Debridement, Chondroplasty, Lysis of Adhesions

Lateral cone drills



	Name:					DOI	3:			
	Dr: Godin					DO	S:			
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ROM	ROM & Muscle Initiation	1	2	3	4					
RESTRICTIO	Flexion/Extension - Wall slide									
NS	Flexion/Ext - seated/calf assisted									
Full Range of Motion	Patella/Tendon mobilization									
	Extension mobilization (no hyperext)									
	Quad sets									
	Standing terminal knee extension									
	Hamstring sets									
BRACE SETTINGS	Sit and reach for hamstrings (no hypertext)									
SETTINOS	Ankle pumps									
None	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+				
Weight Bearing status	Lateral band stepping									
	Single leg leg press									
	Squat progression									
	RDL									
	Tuck squat									
Partial weight bearing x 1	Progress to strength: 8+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference									
weeks	Muscular Strength 3 x 10 120s						8-10+			
WCCKS	rest									
	Lateral band stepping	<u> </u>								
	Single leg leg press	<u> </u>								
	Hex bar squat	<u> </u>								
	Kettlebell deadlift	<u> </u>								
	Elevated split squat	<u>L. </u>	<u> </u>			L			L .	
	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							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									

High Level Activities						10+		
Golf, outdoor biking								
Clearance for other activities made by Dr Godin and based on different factors including passing the								
included progression criteria								

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