

Meniscus Repair – Vertical, Longitudinal, Other W HOWARD HEAD SPORTS MEDICINE

	Name:							DOB:				
	Dr: <u>Godin</u>							DOS:				
ROM	ROM & Muscle Initiation	1	2	3	4	5	6	7-12+	13 -	19-	25-	29
RESTRICTIO NS	Flexion/Extension – wall slides								18+	24+	28+	
145	Flexion/Ext – seated/calf assisted											
0-90 x 2	Patella/Tendon mobilization											
weeks then FROM	Extension mobilization (no hyperext)											
	Quad sets											
	Hamstring sets											
BRACE	Straight leg raise, terminal knee extension (when no quad lag)											
SETTINGS	Ankle pumps											
	Bike with no resistance											
	Progress to Endurance: 7+ weeks & I	ROM	1 >1:	25°,	Qua	ıd se	et the	at terminal	ly extends	the knee		
T scope 0-0 x 6 weeks	Muscular Endurance 3 x 15, 45s rest							7-12+				
	Lateral band stepping											
	Single leg leg press											
Mainht	Squat progression											
Weight Bearing	RDL											
status	Tuck squat											
514105	Progress to strength: 13+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference											
NWB x 2 wks	Muscular Strength 3 x 10 120s rest								13-18+			
then	Lateral band stepping											
PWB x 2 wks	Lateral band stepping Single leg leg press											
	Single leg leg press Hex bar squat											
PWB x 2 wks	Single leg leg press											
PWB x 2 wks	Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat											
PWB x 2 wks then FWB No open chain	Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 19+ weeks & Qua side to side difference	ad ii	ndex	>90)%, F	lam	string	g index >9	20%, Y bal	ance ante	rior reach	<4cr
PWB x 2 wks then FWB No open chain resisted hamstring x	Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 19+ weeks & Qu	ad ii	ndex	>90)%, F	-lam:	string	g index >9	20%, Y bak	ance ante 19- 24+	rior reach	<4cr
PWB x 2 wks then FWB No open chain resisted	Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 19+ weeks & Qua side to side difference Muscular Power 3 x 6, 180s rest Front squat	ad ii	ndex	>90)%, F	lam	string	g index >9	20%, Y bal	19-	rior reach	<4cm
PWB x 2 wks then FWB No open chain resisted hamstring x	Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 19+ weeks & Que side to side difference Muscular Power 3 x 6, 180s rest	ad in	ndex	>90)%, F	-lam:	string	g index >9	20%, Y bal	19-	rior reach	<4cr
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										28+	
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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