

Osteochondral Allograft – Femoral Condyle

	Name:							DOB:				
	Dr: Godin							DOS	:			
	7											
ROM	Weeks from surgery											
RESTRICTIO	ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+	27+
NS	Flexion/Extension - wall slides											
	Flexion/Ext - seated/calf assisted											
FROM	Patella/Tendon mobilization											
	Extension mobilization (no hyperext)											
	Quad series											
BRACE SETTINGS	Hamstring sets											
	Terminal knee extension, Straight leg raise (when no quad lag)											
	Ankle pumps											
	Bike with no resistance											
T scope 0-0 until no quad	Progress to Endurance: ROM >125	, Qu	ad se	et the	at tei	min	ally o	extends	the knee			
lag then 0-90	Muscular Endurance 3 x 15, 45s	/							9-14+			
x 6 wks	rest								9-14+			
	Lateral band stepping											
	Single leg leg press											
	Squat progression											
Weight	RDL											
Bearing	Tuck squat						Ļ					
status	Progress to strength: 15+ weeks & (inde	•x >7	70%,	YЬ	alan	ce ante	rior reach •		o side diffe	erence
	Muscular Strength 3 x 10 120s rest									15-20+		
NWB x 6												
weeks	Lateral band stepping											
	Lateral band stepping Single leg leg press											
weeks	Lateral band stepping Single leg leg press Hex bar squat											
	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift											
weeks	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat	Jad ii		>90	%. F	lams	trinc		>90%, Y b	alance ante	rior reach	<4cm
weeks CPM	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift	June di la construcción de la co	ndex	>90	%, F	lams	tring	j index		alance ante	rior reach	<4cm
weeks CPM 0-70 x 6 wks 6 hours per	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Qu side to side difference Muscular Power 3 x 6, 180s	Jad ii	ndex	>90	9%, F	lams	tring	j index		alance ante	rior reach	<4cm
weeks CPM 0-70 x 6 wks 6	Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Qu side to side difference Muscular Power 3 x 6, 180s rest	vad ii	ndex	>90	%, F	lams	tring	j index	>90%, Y Ы	alance ante		<4cm
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Clearance for other activities made by Dr Godin and based on different factors including passing the included progression criteria

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