

Osteochondral Allograft – Trochlear Groove

	Name:							DOB	:			
	Dr: <u>Godin</u>							DOS	:			
	7				_							
ROM	Weeks from surgery ROM & Muscle Initiation 1 2 3 4 5 6 7-8 9-14+ 15-20+ 21-26+ 27+											
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											
DDA GE	Hamstring sets											
BRACE SETTINGS	Terminal knee extension, Straight											
	leg raise (when no quad lag)											
	Ankle pumps											
T scope 0-0	Bike with no resistance											
until no quad	Progress to Endurance: ROM >125 ⁶	⁾ , Qua	ad se	et the	at ter	rmin	ally e	extends	the knee			
lag then 0-90 x 6 wks	Muscular Endurance 3 x 15, 45s rest								9-14+			
	Lateral band stepping											
	Single leg leg press											
	Squat progression											
Weight	RDL											
Bearing	Tuck squat											
status	Progress to strength: 15+ weeks & (Jund	inde		70%	V L			· · · · · · · · · · · · · · · · · · ·	20		
sialus			mae	5 ~ /	070,	ID	alan	ce ante	rior reacn		o siae aiπ	erence
	Muscular Strength 3 x 10 120s				070,			ce anre	rior reach	<8cm side 1 15-20+	o side diff	erence
PWB x 2	Muscular Strength 3 x 10 120s rest				0 /0,				rior reach		o side diff	erence
	Muscular Strength 3 x 10 120s rest Lateral band stepping							ce ante	rior reacn		o side diff	
PWB x 2	Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press								rior reacn		o side dim	
PWB x 2 weeks	Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press Hex bar squat								rior reacn		o side dim	
PWB x 2	Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift								rior reacn			
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PWB x 2 weeks CPM 0-70 x 6 wks	Muscular Strength 3 x 10 120srestLateral band steppingSingle leg leg pressHex bar squatKettlebell deadliftElevated split squatProgress to power: 21+ weeks & Queside to side difference									15-20+	erior reach	
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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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