

Debridement, Chondroplasty, Partial Menisectomy



Name: _____
 Dr: Godin

DOB: _____
 DOS: _____

ROM RESTRICTIONS
 Full Range of Motion

BRACE SETTINGS
 None

Weight Bearing status
 Partial weight bearing x 1 weeks then advance as tolerated

ROM & Muscle Initiation	1	2	3	4			
Flexion/Extension - Wall slide							
Flexion/Ext - seated/calf assisted							
Patella/Tendon mobilization							
Extension mobilization (no hyperext)							
Quad sets							
Standing terminal knee extension							
Hamstring sets							
Sit and reach for hamstrings (no hypertext)							
Ankle pumps							
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+		
Lateral band stepping							
Single leg leg press							
Squat progression							
RDL							
Tuck squat							
Progress to strength: 8+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference							
Muscular Strength 3 x 10 120s rest						8-10+	
Lateral band stepping							
Single leg leg press							
Hex bar squat							
Kettlebell deadlift							
Elevated split squat							
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 rest							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							
Lateral 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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