Tibial IMN

Name: _____   DOB: _____

Dr: Godin _____   DOS: _____

ROM RESTRICTIONS

KNEE: 0–90 x 2 weeks then FROM

ANKLE: FROM

Weight Bearing status

FWB, advance as tolerated

Weeks from surgery

ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+	27+
Flexion/Extension – Wall slides	■	■	■	■	■	■	■				
Flexion/Ext – seated/calf assisted	■	■	■	■	■	■	■				
Patella/Tendon mobilization	■	■	■	■	■	■	■				
Extension mobilization (no hyperext)	■	■	■	■	■	■	■				
Quad series	■	■	■	■	■	■	■				
Hamstring sets	■	■	■	■	■	■	■				
Sit and reach for hamstrings (no hypertext)	■	■	■	■	■	■	■				
Ankle pumps	■	■	■	■	■	■	■				
Bike with no resistance			■	■	■	■	■				

Progress to Endurance: ROM >125⁰, Quad set that terminally extends the knee

Muscular Endurance 3 x 15, 45s rest								9-14+			
Lateral band stepping								■			
Single leg leg press								■			
Squat progression								■			
RDL								■			
Tuck squat								■			

Progress to strength: 15+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference

Muscular Strength 3 x 10 120s rest									15-20+		
Lateral band stepping									■		
Single leg leg press									■		
Hex bar squat									■		
Kettlebell deadlift									■		
Elevated split squat									■		

Progress to power: 21+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference

Muscular Power 3 x 6, 180s rest										21-26+	
Front squat										■	
Barbell deadlift										■	
Split jumps										■	
Sled drags										■	

Progress to running: 27+ weeks & Triple hop distance >90% of unaffected side

Running, Speed & Agility										21-26+	
Running progression										■	
Ladder footwork drills										■	
Forward & backward cone drills										■	
Lateral cone drills										■	
High Level Activities										21-26+	
Golf, outdoor biking										■	

Clearance for other activities made by Dr Godin and based on different factors including passing the included progression criteria