Patient Check List

ROM RESTICTIONS

_____
_____
_____
_____
_____

BRACE SETTINGS

_____
_____
_____
_____
_____

WEIGHT BEARING STATUS

Non WB
Touch Down WB
Partial 30% WB
As tolerated WB
Full WB

TIME LINES

Week 1 (1-7POD)
Week 2 (8-14POD)
Week 3 (15-21POD)
Week 4 (22-28POD)

Lysis of Adhesions/Arthrofibrosis

ATI PHYSICAL THERAPY — HERE FOR YOU

Name: _____

Dr: _____ Date: _____

●= Do exercise for that week/month

	Week										Month			
Initial Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Extension/ Flexion-wall slides	●	●	●	●	●	●	●	●	●	●	●			
Extension/ Flexion -sitting	●	●	●	●	●	●	●	●	●	●	●			
Extension/ Flexion- prone	●	●	●	●	●	●	●	●	●	●	●			
Quad sets with straight leg raises	●	●	●	●	●	●	●	●	●					
Hamstring sets	●	●	●	●	●	●	●	●	●					
Patella/Tendon mobs.	●	●	●	●	●	●	●	●	●	●	●	●		
Ankle Pumps	●	●	●	●										
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Runners stretch for calf and achilles	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Stork stand for quadriceps			●	●	●	●	●	●	●	●	●	●	●	●
Toe and heel raises		●	●	●	●	●	●	●	●					
1/3 knee bends					●	●	●	●	●					
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Bike with single leg/single leg rowing	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Bike with both legs	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Aquajogging			●	●	●	●	●	●	●	●	●	●	●	●
Treadmill-incline 7-12%					●	●	●	●	●	●	●	●	●	●
Swimming with fins					●	●	●	●	●	●	●	●	●	●
Elliptical trainer								●	●	●	●	●	●	●
Rowing									●	●	●	●		
Stair stepper											●	●	●	●
Sport Cord Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Double knee bends					●	●	●	●	●					
Carpet drags					●	●	●	●	●					
Gas Pedal					●	●	●	●	●					
Forward/backward jogging								●	●	●	●	●	●	●
Single knee bends								●	●	●	●	●	●	●
Side to side lateral agility									●	●	●	●	●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Initial										●	●	●	●	●
Advance												●	●	●
Weights	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Leg press to 90 degrees											●	●	●	●
Leg curls – don't hyperextend											●	●	●	●
Ab/adduction											●	●	●	●
Mini squats with bar											●	●	●	●
Balance Squats											●	●	●	●
High Level Activities	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Outdoor biking										●	●	●	●	●
Golf											●	●	●	●
Running												●	●	●
Skiing, basketball, tennis, football, soccer													●	●