OWDTO＋半月板縫合術

Postoeprative rehabilication protocol for LM centralization

Name :

Patients Name

Surgery date :

	date	／	／	／	／	／	／	／	／						／
	Phase1 : Protection wee	1	2	3	4	5	6	7	8	10	12	16	20	24	28
Weight bearing	Ankle pumps／Isometrics	▪	▪	▪	▪	▪	▪								
0～3 W Non weght	Soft tissue mobilization	▪	▪	▪	▪	▪	▪	▪	▪						
3~4W 1／2PWB	Patella mobilization	▪	▪	▪	▪	▪	▪	▪	▪						
4W ～2/3 PWB	Isometric exercise	▪	▪	▪	▪	▪	▪	▪	▪						
5W FWB	ultrasound	▪	▪	▪	▪	▪	▪	▪	▪						
	heel slide	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪				
	SLR	▪	▪	▪	▪										
ROM	Icing	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪				
1W 0～30	Phase2 Moderate phase section 1 wee	1	2	3	4	5	6	7	8	10	12	16	20	24	28
2W 0～60	Hip Abduction	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪
3W 0~90	Hip Extension and Flexion	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪
4W～ FULLへ	Uninvolved leg balance				▪	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪
	Core (Twisting on swissball)				▪	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪
	Open Kinetic Chain exercise			▪	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪
	Leg extension			▪	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪
	Leg Curl			▪	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪	▪
	Plank exercise (bilateral elbow and toe)					▪	▪	▪	▪	▪	▪	▪	▪	▪	▪
	Plank exercise (bilateral elbow and single toe)						▪	▪	▪	▪	▪	▪	▪	▪	▪
	resistance exercise(low～)						▪	▪	▪	▪	▪	▪	▪	▪	▪
	Stationary Bike						▪	▪	▪	▪	▪	▪	▪	▪	▪
	Phase 3 Section 2														
	Jogging in the pool									▪	▪	▪	▪	▪	▪
	Jogging on AlterG (50% of BW)									▪	▪	▪	▪	▪	▪
	Elliptical maschine										▪	▪	▪	▪	▪
	CKC exercise Quarter squate											▪	▪	▪	▪
	KBW (Knee bent walk)											▪	▪	▪	▪
	Forward Range											▪	▪	▪	▪
	Side Range											▪	▪	▪	▪
	JOG											▪	▪	▪	▪
	Running											▪	▪	▪	▪
	Balance disc (Single leg)											▪	▪	▪	▪
	Balance disc unstable											▪	▪	▪	▪
	Pistol squate											▪	▪	▪	
	Phase3 wee	1	2	3	4	5	6	7	8	10	12	16	20	24	28
	Side step												▪	▪	▪
	Ladder												▪	▪	▪
	Twisting												▪	▪	▪
	Squate and Jamp												▪	▪	▪
	Taq Jump												▪	▪	▪
	Backward Jump												▪	▪	▪
	Side step												▪	▪	▪
	Carioca												▪	▪	▪
	Runing Pass												▪	▪	▪
	Kick and Catch												▪	▪	▪
	Glid												▪	▪	
	Phase4 Athletic Rehabilitation wee	1	2	3	4	5	6	7	8	10	12	16	20	24	20
	Biodex										▪	▪	▪	▪	▪
	Functional test												▪	▪	▪
	Sports specific exercise												▪	▪	▪
		Physiotherapists :													