



Goal of this block is **hypertrophy and strength development**. We are beginning to increase top end intensity (RPE/RIR) and running more volume with accessory work. Skill movements should begin to transition towards the test movements (see Testing Notes). Knee swelling should still be monitored and increases in swelling are likely suggestions that you are exceeding tissue capacity although clinical judgement is needed.

Testing Notes	
Skill Ramp to Test	The Test
Knee Extension ISO at 70 deg, 10x10 sec rep scheme with progressive intensity each week; supplement with 90-60 deg loaded knee extensions	Knee Extension ISOMETRIC: 70 deg knee flexion, max effort knee extension without hip lift, UNINV side tested first; goal is 70% LSI
Step up> Lateral Step down> Anterior Step Down> Assisted Pistol Squat> Pistol Squat	Anterior Y-Balance (<6cm delta goal)- 3 reps without LOB or heel lift , UNINV side first.
Eccentric 1L Leg Press > Ecc 1L Box Squat > 1L Box Squat > Loaded 1L Box Squat	1L Box Squat to with 10% BW external load to 70 deg knee flexion; max FULL reps in 30 sec. UNINV side tested first, 60-90 sec rest, then UNINV side. Goal is 70% LSI
Bent Knee Side Plank> Straight Leg Side Plank > Glute Med Side Plank, > Resisted Glute Med Side Plank > Side Plank with Hip ABD hold > Side Plank with Hip ABD lifts for reps	Side Plank Hip ABD: AMRAP within cue constraints; test UNINV side down first, foam roller under low side hip to standardize bottom height, therapist blocks the bottom foot and extends hand to set height; must touch hand to count as a rep, OK to cue to correct position; once unable to maintain standard with cueing- test ends. 60-90 sec rest then test INV side down. Goal is 70% LSI

Progression Criteria (to be met before start of RTR Program)
Symmetrical Knee Extension PROM, > 130 deg Flexion PROM
No Subjective Complaints of Instability or Buckling
3 mm or less AP laxity compared to UNINV side
Minimal to No Joint Effusion
>70% Limb Symmetry Knee Extension Dynamometry Testing
>70% Limb Symmetry with Side Plank Hip ABD Testing
>70% Limb Symmetry with Single Leg Squat Testing

RPE (Rate of Perceived Exertion)	Reps In Reserve (RIR)	General Exertion	Cardio Conversion
10	Could not have done more reps or weight	Almost failed or DID fail, VERY VERY heavy!	Almost impossible, couldn't finish
9.5	Could do 0 more reps, maybe a little more weight	Very heavy! Needed 3-5 minutes of rest	Very hard, can speak in one word sentences
9	Could have done one more rep.		
8.5	Could definitely have done 1 more, maaaaybe 2	Moderately hard/heavy, need a couple minutes rest	Hard, can speak in very short sentences
8	Could have done 2 more reps		
7.5	Could definitely do 2 more, maaaaybe 3		
7	Could have done 3 more reps	Moderate/Medium, need a 1-2 minutes of rest	Borderline uncomfortable, short of breath, can speak in sentences.
5-6	Could have done 4 to 6 more reps	Easy to Medium, needed less than a minute rest	Breathing heavily, can hold a short conversation
1-4	Very light to little effort	Easy, didn't need much if any rest	Easy, can do for hours possibly