Protocol

Anterior cruciate Ligament (ACL protocol)

1. Knee extension -https://www.youtube.com/watch?v=dclCHiD2odI
2. Knee flexion - not there will put the video in you tube
3. Forward kick-https://www.youtube.com/watch?v=nzZk7V7YNPA
4. Back kick-https://www.youtube.com/watch?v=UkNhSf6WwGs
5. Side kick-https://www.youtube.com/watch?v=8poeAoeVQMk
6. Hip -knee 90 90- https://www.youtube.com/watch?v=Zd7Vfw5J0xM
7. Cross walk -https://www.youtube.com/watch?v=zBjRMAUcaX8
8. Side walk -https://www.youtube.com/watch?v=BB5ZHi8EfQQ
9. VMO ckc (close kinetic chain exercise)- https://www.youtube.com/watch?v=hJUlQZ2wBXM
10. Ankle plantarflexion- not there will put the video in you tube

Posterior cruciate Ligament (PCL protocol)

1. Dynamic Knee extension - https://www.youtube.com/watch?v=dclCHiD2odI
2. Side walk - https://www.youtube.com/watch?v=BB5ZHi8EfQQ
3. Cross walk- https://www.youtube.com/watch?v=zBjRMAUcaX8
4. Forward kick- https://www.youtube.com/watch?v=nzZk7V7YNPA
5. Back kick- https://www.youtube.com/watch?v=UkNhSf6WwGs
6. Side kick- https://www.youtube.com/watch?v=8poeAoeVQMk
7. Knee flexion-
8. Hip -knee 90 90- https://www.youtube.com/watch?v=Zd7Vfw5J0xM
9. VMO ckc- https://www.youtube.com/watch?v=hJUlQZ2wBXM
10. Ankle plantarflexion- not there will put the video in you tube

Meniscus repair protocol

1. Dynamic Knee extension - https://www.youtube.com/watch?v=dclCHiD2odI
2. Side walk - https://www.youtube.com/watch?v=BB5ZHi8EfQQ
3. Cross walk- https://www.youtube.com/watch?v=zBjRMAUcaX8
4. Forward kick- https://www.youtube.com/watch?v=nzZk7V7YNPA
5. Back kick- https://www.youtube.com/watch?v=UkNhSf6WwGs
6. Side kick- https://www.youtube.com/watch?v=8poeAoeVQMk
7. Knee flexion- not there will put the video in you tube
8. Hip -knee 90 90- https://www.youtube.com/watch?v=Zd7Vfw5J0xM
9. VMO ckc- https://www.youtube.com/watch?v=hJUlQZ2wBXM
10. Ankle plantarflexion- not there will put the video in you tube

Hip rehab protocol

1. Dynamic Knee extension- https://www.youtube.com/watch?v=dclCHiD2odI
2. Side walk- https://www.youtube.com/watch?v=BB5ZHi8EfQQ
3. Cross walk- https://www.youtube.com/watch?v=zBjRMAUcaX8
4. Forward kick-- https://www.youtube.com/watch?v=nzZk7V7YNPA
5. Back kick-- https://www.youtube.com/watch?v=UkNhSf6WwGs
6. Side kick-- https://www.youtube.com/watch?v=8poeAoeVQMk
7. Knee flexion -- not there will put the video in you tube
8. Hip -knee 90 90
9. VMO ckc (close kinetic chain exercise)
10. Ankle plantarflexion - not there will put the video in you tube
11. Bilateral clam shell -- not there will put the video in you tube
12. Unilateral clam shell-- not there will put the video in you tube

Ankle rehab protocol

1. Ankle plantarflexion-- not there will put the video in you tube
2. Ankle Dorsiflexion-- not there will put the video in you tube
3. Ankle eversion-- not there will put the video in you tube
4. Ankle inversion -- not there will put the video in you tube
5. Knee extension- https://www.youtube.com/watch?v=dclCHiD2odI
6. Side walk- https://www.youtube.com/watch?v=BB5ZHi8EfQQ
7. Cross walk - https://www.youtube.com/watch?v=zBjRMAUcaX8
8. Forward kick--- https://www.youtube.com/watch?v=nzZk7V7YNPA
9. Back kick-- https://www.youtube.com/watch?v=UkNhSf6WwGs
10. Side kick
11. Knee flexion-- not there will put the video in you tube
12. Hip -knee 90 90
13. VMO ckc (close kinetic chain exercise)

Total knee replacement protocol

1. Ankle plantarflexion-not there will put the video in you tube
2. Ankle Dorsiflexion-not there will put the video in you tube
3. Ankle eversion--not there will put the video in you tube
4. Ankle inversion- not there will put the video in you tube
5. Knee extension - https://www.youtube.com/watch?v=dclCHiD2odI
6. Side walk- https://www.youtube.com/watch?v=BB5ZHi8EfQQ
7. Cross walk - https://www.youtube.com/watch?v=zBjRMAUcaX8
8. Forward kick--- https://www.youtube.com/watch?v=nzZk7V7YNPA
9. Back kick-- https://www.youtube.com/watch?v=UkNhSf6WwGs
10. Side kick
11. Knee flexion-- not there will put the video in you tube
12. Hip -knee 90 90
13. VMO ckc (close kinetic chain exercise)
14. Bilateral clam shell-- not there will put the video in you tube
15. Unilateral clam shell-- not there will put the video in you tube