

MCL Reconstruction (NWB)



Name: _____

Dr: Chris LaPrade MD

Date: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS

0-90 x 2 weeks then progress as tol.

BRACE SETTINGS

Immobilizer x 6 weeks

Weight Bearing status

NWB x 6 weeks

TIME LINES

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

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Seated heel slide series	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension heel prop	●	●	●	●	●	●	●	●						
Seated hamstring stretch	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Calf stretch with belt	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Quad isometric in extension	●	●	●	●	●	●	●	●						
Standing straight leg raise	●	●												
Supine straight leg raise		●	●	●	●									
Seated quad isomet. @ 60°			●	●	●	●	●							
Resisted quad through arc of motion				●	●	●	●	●	●	●	●	●	●	●
Hamstring isometric heel dig				●	●	●	●	●	●	●	●			
Bridge – calves supported over ball				●	●	●	●	●	●	●	●	●	●	●
Hamstring curls (resisted)								●	●	●	●	●	●	●
Crutch weaning						●	●							
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs – no resistance				●	●	●	●	●	●					
Bike with both legs - resistance						●	●	●	●	●	●	●	●	●
Aquajogging							●	●	●	●	●	●	●	●
Treadmill walking								●	●	●	●	●	●	●
Swimming – light flutter kick								●	●	●	●	●	●	●
Elliptical trainer									●	●	●	●	●	●
Stair stepper										●	●	●	●	●
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
2 leg squats/leg press <70° x 4 mos.								●	●	●	●	●	●	
Shift & Hold Isometric over step								●	●	●	●			
Marching into brief SLS							●	●	●	●	●			
SLS balance progressions								●	●	●	●	●	●	●
Calf raises							●	●	●	●	●	●	●	●
Single leg squat/step/lunge progressions (<70° x 4 mos.)										●	●	●	●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression												●	●	●
Initial – single plane agility												●	●	●
Advance – multi directional agility													●	●
Sport Performance (TRAC) Test												●		●
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf												●	●	●
Outdoor biking, hiking, snowshoeing												●	●	●
Return to sport progressions													●	●

*No valgus stress x 8 weeks

*No resisted hamstring curls x 8 weeks