

# MCL Repair

Pt Name: \_\_\_\_\_

Dr: Alexander Strassman, DO

Date

:

● = Do exercise for that week

**Week**

## ROM RESTRICTIONS

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## NO VALGUS LOADING

## BRACE SETTINGS

0-0 x 6 weeks

## WB STATUS

Partial weight bearing x 2 weeks

## TIME LINES

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

| <b>Initial Exercises</b>                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|
| Flexion/Extension - wall slides              | ● | ● | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Flexion/Extension - seated                   | ● | ● | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Patella/Tendon mobilization                  | ● | ● | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Extension mobilization                       | ● | ● | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Quad series                                  | ● | ● | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Hamstring sets                               |   |   |   |   |   |   | ● | ● |   |    |    |    |    |    |
| Sit and reach for hamstrings (towel)         | ● | ● | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Ankle pumps                                  | ● | ● | ● | ● | ● | ● | ● | ● | ● |    |    |    |    |    |
| Toe and heel raises                          |   |   | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Balance series                               |   |   |   |   |   |   | ● | ● | ● | ●  | ●  | ●  | ●  | ●  |
| <b>Cardiovascular Exercises</b>              | 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             |   |   |   |   |   |   |   |   |   | ●  | ●  | ●  | ●  | ●  |
| Aqua-jogging                                 |   |   |   |   |   |   |   |   | ● | ●  | ●  | ●  | ●  | ●  |
| Treadmill - walking 7% incline               |   |   |   |   |   |   |   |   | ● | ●  | ●  | ●  | ●  | ●  |
| Swimming with fins                           |   |   |   |   |   |   |   |   | ● | ●  | ●  | ●  | ●  | ●  |
| Elliptical trainer                           |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●  |
| Rowing                                       |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●  |
| Stair stepper                                |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●  |
| <b>Weight Bearing Strength</b>               | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Double knee bends                            |   |   |   |   |   |   | ● | ● | ● | ●  | ●  | ●  | ●  |    |
| Double leg bridges                           |   |   |   |   |   |   | ● | ● | ● | ●  | ●  |    |    |    |
| Leg press - double leg                       |   |   |   |   |   |   |   | ● | ● | ●  | ●  |    |    |    |
| Beginning cord exercises                     |   |   |   |   |   |   | ● | ● | ● | ●  | ●  |    |    |    |
| Balance squats                               |   |   |   |   |   |   |   |   |   | ●  | ●  | ●  | ●  | ●  |
| Dead-lift                                    |   |   |   |   |   |   |   |   |   | ●  | ●  | ●  | ●  | ●  |
| Leg press - single leg                       |   |   |   |   |   |   |   |   |   | ●  | ●  | ●  | ●  | ●  |
| Sports Test exercises                        |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●  |
| <b>Agility Exercises</b>                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Running progression                          |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●  |
| Initial - single plane                       |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●  |
| Advance - multi directional                  |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●  |
| Functional sports test                       |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●  |
| <b>High Level Activities</b>                 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Golf Progression                             |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●  |
| Outdoor biking, hiking, snowshoeing          |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●  |
| Skiing, basketball, tennis, football, soccer |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●  |

Therapist Name: \_\_\_\_\_