



ACL Repair MCL reconstruction

ROM Restrictions: _____ ext. to _____ flex.

Brace Settings: _____ ext. to _____ flex.

Weight Bearing Status: NWB, TTWB, PWB, WBAT

Phase I-Exercises

Exercises to begin week two

Quad sets/Straight leg raises (30 degrees)

Hamstring sets

Patella and patellar tendon mobilization

Sit and reach for hamstrings using towel

Well leg row and bike

Passive range of motion with varus pressure to protect MCL repair 30 to 90 degrees

Begin week 4

Passive range of motion 0-90 degrees (no prone exercises)

Begin week 6

1/3 Knee bends

Spin with both legs (no resistance and controlled pace)

Begin week 8

Unlock brace for walking

Full active and passive range of motion

Start resistance on bike

Phase II-Exercises-sport cord exercises

Begin week 8

Double knee bends

Gas pedal

Carpet drags

Begin week 10

Forward and Backward Jogging

Begin after 3 months

Lateral agilities

Phase III-Exercises-weight training

Begin at 3 months

Weight training with closed chain exercises only

Phase IV-Exercise-high level activity

Begin at 4 months

David S. Gazzaniga, MD

22 Corporate Plaza Drive

Newport Beach, CA 92660

Phone: 949-722-7038 Fax: 949-630-4960