FCL Reconstruction

HOWARD HEAD SPORTS MEDICINE
A service of Vail Health Hospital

THE STEADMAN CLINIC
AND
STEADMAN PHILIPPON
RESEARCH INSTITUTE

Name: _____ DOB: _____

Dr: Godin _____ DOS: _____

ROM RESTRICTIONS

0-90 x 2 weeks then FROM

BRACE SETTINGS

T scope x 2 weeks then functional brace

Weight Bearing status

Partial weight bearing (50%) x 6 weeks

Avoid external rotation x 4

Weeks

ROM & Muscle Initiation	1	2	3	4	5	6	7 – 12+	13 – 18+	19–24+	25–28+	29+
Flexion/Extension – Wall slide	▓	▓	▓	▓	▓	▓					
Flexion/Ext – seated/calf assisted	▓	▓	▓	▓	▓	▓					
Patella/Tendon mobilization	▓	▓	▓	▓	▓	▓					
Extension mobilization (no hyperext)	▓	▓	▓	▓	▓	▓					
Quad sets	▓	▓	▓	▓	▓	▓					
Hamstring sets	▓	▓	▓	▓	▓	▓					
Terminal knee extension, Straight leg raise (when no quad lag)	▓	▓	▓	▓	▓	▓					
Ankle pumps	▓	▓	▓	▓	▓	▓					
Bike with no resistance			▓	▓	▓	▓	▓				

Progress to Endurance: ROM >125⁰, Quad set that terminally extends the knee

Muscular Endurance 3 x 15, 45s rest							7 – 12+				
Lateral band stepping							▓				
Single leg leg press							▓				
Squat progression							▓				
RDL							▓				
Tuck squat							▓				

Progress to strength: 13+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference

Muscular Strength 3 x 10 120s rest								13-18+			
Lateral band stepping								▓			
Single leg leg press								▓			
Hex bar squat								▓			
Kettlebell deadlift								▓			
Elevated split squat								▓			

Progress to power: 19+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference

Muscular Power 3 x 6, 180s rest									19-24+		
Front squat									▓		
Barbell deadlift									▓		
Split jumps									▓		
Sled drags									▓		

Progress to running: 25+ weeks & Triple hop distance >90% of unaffected side

Running, Speed & Agility										25-28+	
Running progression										▓	
Ladder footwork drills										▓	
Forward & backward cone drills										▓	
Lateral cone drills										▓	
High Level Activities									19-24+		

Golf, outdoor biking											
Clearance for other activities made by Dr Godin and based on different factors including passing the included progression criteria											