

MCL Reconstruction



	Name:							DOB:						
	Dr: Godin							DOS	: <u> </u>					
	Wooks from surgery													
ROM	POM & Mussle Initiation	Weeks from surgery ROM & Muscle Initiation 1 2 3 4 5 6 7-8 9-14+ 15-20+ 21-26+ 27+												
RESTRICTIO	Flexion/Extension - Wall slides	Ė	_	3	-	3		7 0	7-14-	13-20+	21-20+	27+		
NS	Flexion/Ext - seated/calf assisted													
	Patella/Tendon mobilization													
0-90 x 2	Extension mobilization (no hyperext)													
weeks then	Quad series													
FROM	Hamstring sets													
	Sit and reach for hamstrings (no													
DDACE	hypertext)													
BRACE SETTINGS	Ankle pumps													
SETTINGS	Bike with no resistance													
T scope 0-0 x	Progress to Endurance: ROM >125°, Quad set that terminally extends the knee													
6 weeks	Muscular Endurance 3 x 15, 45s								9-14+					
O WEEKS	rest								9-14T					
	Lateral band stepping													
	Single leg leg press													
Weight	Squat progression													
Bearing	RDL													
status	Tuck squat													
	Progress to strength: 15+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side of											erence		
NWB x 6	Muscular Strength 3 x 10 120s									15-20+				
weeks	rest													
	Lateral band stepping													
	Single leg leg press													
	Hex bar squat													
	Kettlebell deadlift													
	Elevated split squat													
	Progress to power: 21+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference													
	Muscular Power 3 x 6, 180s										21-26+			
	rest													
	Front squat													
	Barbell deadlift													
	Split jumps													
	Sled drags													
	Progress to running: 27+ weeks & Tri	ple l	hop	dista	ince	>90	% of	unaffe	ted side	1				
	Running, Speed & Agility		Ė									27+		
	Running progression													
	Ladder footwork drills													
	Forward & backward cone drills													
	Lateral cone drills													
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Golf, outdoor biking

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

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