



***This Program is Designed for MCL Repair or Reconstruction
Program Highlights:***

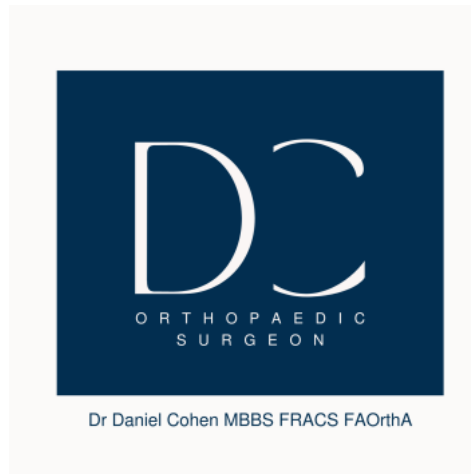
***NWB 4 weeks, progress weight bearing by 25% from week 4 onwards**

*** ROM Brace**

**Locked in extension for 2 weeks
0-30 for sleeping and mobilising week 2-4
As per ROM restrictions week 4 onwards
Total bracing 10-12 weeks**

***Exercise Restrictions**

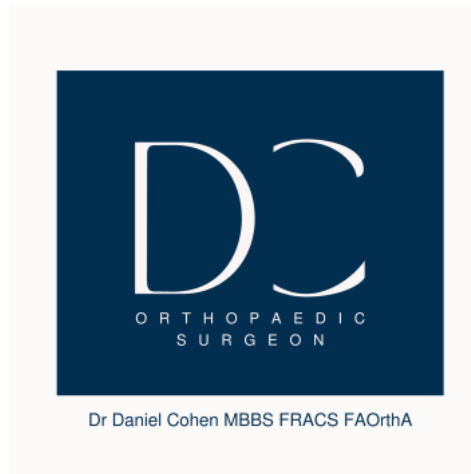
**No Adductor exercises 6 weeks No riding an exercise bike until 6 weeks No Elliptical until 8 weeks
No jogging until 3 months No running until 4 months No Kicking or combat until 5 months**



Phase	Goals	Brace	ROM	WB Status Cardiovascular	Exercises
Phase 1 0-2 Weeks	1. Recover from surgery 2. Pain and swelling Control 3. Minimize muscle loss	Locked in Extension	0-30° PROM and AAROM	NWB with crutches	SLR x 5 in brace- no ADDuction Co-contractions Prone range and prone hangs (into extension) Maintain ankle ROM Gentle patella Mobilizations Ice to follow session
Phase 2 2-4 Weeks	1. Regain ROM 2. Minimize muscle loss 3. Quads Control	0-30° for ambulating and sleeping Week 2-4 As per exercises in next column	0-60° week 3 0-90° week 4 AROM and AAROM	NWB with crutches	As above Add hamstrings stretch Supine heel slides Patella mobilisations Short arc quads



<p>Phase 3 4-8 Weeks</p>	<p>1. Mobilise independently 2. Regain full ROM 3. Start Strengthening</p>	<p>0-90° for ambulating and sleeping from week 4</p>	<p>0-90°, increase range by 10° per week Aim 120° by 8 weeks</p>	<p>Week 4- 25% Week 5- 50% Week 6- 75% Week 7-8 WBAT</p> <p>Exercise bike (high seat, low or no resistance) NB ay start with reverse peddling.</p>	<p>As above Standing SLR Strengthening Hip Abductors/flexors/extensors- add weights ABOVE the knee joint</p> <p>From Week 6</p> <ul style="list-style-type: none"> i. Standing Calf Raises (double then progress to single leg) ii. Hamstring curls (low resistance) iii. Progress to 0- 45° hamstring drags (rolling stool or carpet) and 0-45° leg press <15 kg iv. Double leg body weight squats v. Double Leg Proprioception vi. ADDuction with light theraband
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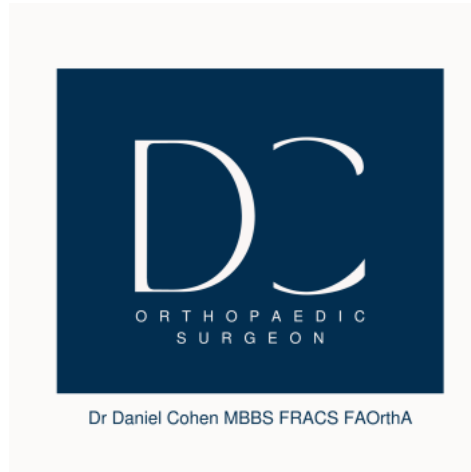


<p>Phase 4 8-12 weeks</p>	<p>1. Strengthening 2. Normal Gait 3. Full ROM</p>	<p>Long Lever ROM brace for 10-12 weeks</p> <p>Short Lever Varus Valgus Stabilising ROM brace or Functional Knee Brace for exercise until 6 months</p>	<p>Unrestricted</p>	<p>Gait re-training exercises</p> <p>Exercise Bike (increasing resistance and duration)</p> <p>Swimming- flutter kick only, no whip kick</p>	<ul style="list-style-type: none"> • Single leg body weight squats (45° then 60° then 90°) • Leg Press (body weight then increase 5 kg per week) • Hamstring Curls (low resistance) • Leg Extensions (no open chain) • Single Leg proprioception • direction step-down progress from small to large • Hydrotherapy
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Phase 5 3+ Months	1. Jogging and Running 2. Quadriceps Function 3. Co-ordination and proprioception 4. Neuroplasticity training from 5 months	Short Lever Varus Valgus Stabilising ROM brace or Functional Knee Brace for exercise until 6 months	Unrestricted	3 months Start inline Jogging <i>4 months start running</i> <i>5 months can start combat training</i> <i>No pivoting or cutting for 6 months</i>	Progress As above Agility Proprioception Including wobble board Sport/Work Specific <ol style="list-style-type: none"> a. Zigzag running from 24 weeks b. Figure 8's gradually decreasing in size c. Cross over stepping d. Backwards with cutting e. Stop and go drills
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ORTHOPAEDIC
SURGEON



Return to Sport Criteria

- a. Medical Clearance**
- b. No Joint Effusion**
- c. Pain free ROM within 5° of contralateral side**
- d. 90% quads and hamstrings index relative to contralateral side**
- e. Landing Assessment**
- f. Single leg hop/Triple Hop Test Symmetry**
- g. Agility test without compensation**
- h. Neuroplasticity training complete**