

# FCL Reconstruction

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

DOB: \_\_\_\_\_

Dr: Doan

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 months

		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												
<b>Progress to Endurance: ROM &gt;125°, Quad set that terminally extends the knee</b>												
<b>Muscular Endurance 3 x 15, 45s rest</b>								7 - 12+				
Lateral band stepping												
Single leg leg press												
Squat progression												
RDL												
Tuck squat												
<b>Progress to strength: 13+ weeks &amp; Quad index &gt;70%, Y balance anterior reach &lt;8cm side to side difference</b>												
<b>Muscular Strength 3 x 10 120s rest</b>									13-18+			
Lateral band stepping												
Single leg leg press												
Hex bar squat												
Kettlebell deadlift												
Elevated split squat												
<b>Progress to power: 19+ weeks &amp; Quad index &gt;90%, Hamstring index &gt;90%, Y balance anterior reach &lt;4cm side to side difference</b>												
<b>Muscular Power 3 x 6, 180s rest</b>										19-24+		
Front squat												
Barbell deadlift												
Split jumps												
Sled drags												
<b>Progress to running: 25+ weeks &amp; Triple hop distance &gt;90% of unaffected side</b>												
<b>Running, Speed &amp; Agility</b>											25-28+	
Running progression												
Ladder footwork drills												
Forward & backward cone drills												
Lateral cone drills												
<b>High Level Activities</b>										19-24+		
Golf, outdoor biking												
Clearance for other activities made by Dr Doan and based on different factors including passing the included progression criteria												