

LCL Reconstruction

Name: _____

DOB: _____

Dr: Rothenberg

DOS: _____

Weeks

ROM RESTRICTIONS

0-90 x 2 weeks then FROM

BRACE SETTINGS

T scope x 2 weeks then functional brace

Weight Bearing status

NWB x 6 weeks

Avoid external rotation x 4 months

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 >125°, 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 Rothenberg and based on different factors including passing the included progression criteria											