09/14/24

UHealth UNIVERSITY OF MIAMI HEALTH SYSTEM | SPORTS MEDICINE INSTITUTE

MCL-R

Name: _____ DOB: _____

Dr: Michael G. Rizzo, M.D. Date: _____

ROM RESTRICTIONS

0-90° x 2 weeks
then full ROM

BRACE SETTINGS

0-90° x 2 weeks
then unlocked until
carbon fiber brace

Weight Bearing status

TTWB x 5 weeks,
wean x 1 week,
FWB after 6 weeks

T.E.D Hose

x 2 weeks

TIMELINES

Week 1(1-7 POD)
Week 2(8-14 POD)
Week 3(15-21POD)
Week 4(22-28POD)

●= Do exercise for that week

Initial Exercises	Week 1	2	3	4	5	6	7	8	9	10	13	17	21	25
Patella/Tendon Mobilizations	●	●	●	●	●	●								
Flexion/Extension – Seated/Wall Slide	●	●	●	●	●	●								
Extension Heel Prop	●	●	●	●	●	●								
Quad Series (E-Stim, BFR)	●	●	●	●	●	●								
Hamstring Set						●								
Calf Stretch with Strap	●	●	●	●	●	●								
Ankle pumps	●	●	●	●	●	●								
Toe and Heel Raises						●								
Weight Shifts & Crutch Walking						●								
Single Leg Balance						●	●	●	●					
Cardiovascular Exercises	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**13**	**17**	**21**	**25**
Stationary Bike			●	●	●	●	●	●	●	●	●	●	●	●
Aqua Jogging						●	●	●	●	●	●	●	●	●
Treadmill – Walking									●	●	●	●	●	●
Swimming with Fins									●	●	●	●	●	●
Elliptical/Rowing											●	●	●	●
Weight Bearing Strength	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**13**	**17**	**21**	**25**
Leg Press – Double Leg							●	●	●	●				
Squats – Double Leg							●	●	●	●				
Deadlifts – Double Leg							●	●	●	●				
Heel Raises – Double Leg							●	●	●	●				
Standing Hamstring Curl							●	●	●	●				
Band Walking							●	●	●	●				
Isometric Wall Sit @ 90,60,45°							●	●	●	●				
Bridging – Double Leg							●	●	●	●				
Leg Press – Single Leg									●	●	●			
Reverse Lunge Static Hold									●	●	●			
Deadlift – Single Leg									●	●	●			
Ball & Single Leg Bridging									●	●	●			
Rear Leg Elevated Split Squat										●	●	●		
Lunges – Walking & Slide Disc										●	●	●		
Front Step Up										●	●	●		
Heel Raises – Single Leg										●	●	●		
Side Planks										●	●	●		
Sliding Leg Curl – Double Leg										●	●	●		
Advanced Balance Training										●	●	●	●	●
Squat – Single Leg											●	●	●	●
Front Step Down											●	●	●	●
Single Leg Box Drives											●	●	●	●
Single Leg Squat Y Excursions												●	●	●
Sliding Leg Curl – Single Leg												●	●	●
Nordic Hamstring Curls												●	●	●

Recommended Criteria to Initiate Impact Activities & Running

Pain ≤ 2/10

Full Active Knee Extension

Knee flexion ROM ≥ 95% of Uninvolved Side

Quad LSI ≥ 70%
HS LSI ≥ 70%

Plyometrics	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Vertical Squat Jump – Double Leg												●	●	●
Horizontal Broad Jump – Double Leg												●	●	●
Lateral Jump – Double Leg												●	●	●
Vertical/Broad/Lateral Jumps – Double Leg to Single Leg Land													●	●
Jump Lunges													●	●
Box Drop – Double Leg													●	●
Continuous Broad Jumping – Double Leg													●	●
Vertical/Broad Jumps – Single Leg to Single Leg Land														●
Lateral Skater Hops – Single Leg														●
Box Drop – Single Leg														●
Continuous Broad Jumping - Single Leg (Triple, Crossover, 6m Timed)														●
Box Drop Jumps – Double Leg														●
Box Drop Jumps – Single Leg														●
Return to Running	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**13**	**17**	**21**	**25**

Walk/Jog Program												●	●	●
Running Progression													●	●
Sprinting Progression														●
Agility	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**13**	**17**	**21**	**25**
Quick Taps on Step												●	●	●
Standing Mountain Climbers at Wall												●	●	●
Shuffling & Grapevine												●	●	●
Back Pedaling													●	●
Agility Ladder Drills													●	●
Single Leg Hopping (Clock, Square)													●	●
Skipping/Bounding														●
Deceleration Drills														●
Cone Drills														●
Sport Specific Drills														●
Return to Sport	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**13**	**17**	**21**	**25+**
Golf – Putt							●	●	●	●	●	●	●	●
Chip										●	●	●	●	●
Irons											●	●	●	●
Drivers												●	●	●
Play a Round													●	●
Hiking – Easy												●	●	●
Hiking – Moderate													●	●
Hiking – Difficult														●
Backpacking														●
Road Biking – Flat												●	●	●
Road Biking – Hills													●	●
Gravel Biking														●
Mountain Biking – Cross Country													●	●
Mountain Biking – Downhill														●
Snowshoeing, Nordic Skiing – Classic													●	●
Nordic Skiing – Skate														●
Alpine Skiing, Snowboarding, Basketball, Tennis, Football, Soccer														●

Therapist Name: