



THE ORTHOPAEDIC CENTER

A division of Centers for Advanced Orthopaedics

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Knee LCL Reconstruction

Name: _____

Date: _____

ROM RESTRICTIONS
0-90 x 2 weeks
Then Full
Passive Flexion Only for 6 weeks

BRACE SETTINGS
0-0 x 6 weeks
Then open hinged for week 7-10

WEIGHT BEARING STATUS
NWB
Week 0-6
WBAT
Week 7

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

● = Do exercise for that week

Week

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - Prone	●	●	●	●	●	●	●	●	●	●	●			
Flexion/Ext - seated/calf assisted								●	●	●	●			
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets								●	●	●	●	●	●	●
Sit and reach for hamstrings (no hypertext)							●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Crutch weaning							●	●	●					
Toe and heel raises							●	●	●					
Balance series									●	●	●	●	●	●
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike with both legs - no resistance							●	●	●					
Bike with both legs - resistance									●	●	●	●	●	●
Aquajogging										●	●	●	●	●
Treadmill - walking 7% incline										●	●	●	●	●
Swimming with fins - light flutter kick										●	●	●	●	●
Elliptical trainer										●	●	●	●	●
Rowing										●	●	●	●	●
Stair stepper											●	●	●	●
Bike with both legs - no resistance							●	●	●					
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends								●	●	●	●	●	●	
Double leg bridges								●	●	●				
Reverse lunge - static holds										●	●	●		
Beginning cord exercises										●	●	●		
Balance squats											●	●	●	●
Single leg deadlift											●	●	●	●
Leg press to max. 70° knee flexion							●	●	●	●	●	●	●	●
Sports Test exercises													●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression												●	●	●
Initial - single plane												●	●	●
Advance - multi directional													●	●
Functional sports test														●
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf progression														●
Outdoor biking, hiking, snowshoeing														●
Skiing, basketball, tennis, football, soccer after 7-9 months														●

Frequency: 2-3 Visits / week for 8 weeks

