

Medial Collateral Ligament/Posterior Oblique Ligament Reconstruction/ Semitendinosus Reconstruction



Name: _____

Dr: Benjamin Petre

Date: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS
0-90 x 2 weeks,
then full

BRACE SETTINGS
0-0 x 4 weeks

Weight Bearing status
NWB x 6 weeks

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

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Flexion/Extension – Wall Slides	●	●	●	●	●	●	●	●	●	●	●				
Flexion/Ext – seated	●	●	●	●	●	●	●	●	●	●	●				
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												●	●	●	
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															

