Name_____

Therapist_____

Physician_____

proaxistherapy™

**Patient
Flow Sheet**

MCL Repair

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Phase 1 – MOTION AND MOBILITY/PROTECTION

Week 0-6 Patellar mobilizations, including quad & patellar tendon
Quad set progressing to SLR (with NMES, biofeedback)
ROM: emphasize full extension, heel/wall slides for flexion
Bike for motion
ROM: 0-30° (week 0-3)
0-45° (week 4)
0-60° (week 5)
0-90° (week 6)
Brace: None or unlocked 0-90° (per surgeon discretion)
Weight-bearing: PWB with crutches for 4 weeks

Phase 2 – ENDURANCE

Week 7-12 Ensure full knee extension is maintained prior to and during progression of closed-chain activities
Closed-chain progression (+/- including squat, lunge, step-up, bridge)
Progress from double leg to single leg; from stable to unstable surfaces
Balance progression
Bike for cardiovascular fitness/quad endurance
Gradual initiation of frontal plane exercise
ROM: Progress to full ROM
Weight-bearing: Progress to FWB

*Note: Non-athletes may be appropriate for discharge to independent home program at this time if able to complete work
and life demands. Check for safety with stair negotiation and ambulation on uneven surfaces.*

Phase 3 – STRENGTH

Week 13-20 Increase sets/duration of closed-chain strengthening in varied proprioceptive environments
Initiate squat jump progression from shuttle to gravity dependent position
Advance plyometrics from bilateral to unilateral as patient demonstrates knee control
Emphasize deceleration and eccentric control

Phase 4 – AGILITY, POWER, RETURN TO SPORT

Week 20+ Sport-specific movement patterns practiced in supervised and controlled environment
Graded re-integration into sport activities with MD and PT clearance

Return to Activities *See functional criteria*

Running: 4-5 months when functional criteria are met
Golf: Short irons at 5 months, full swing with long irons at 6 months. Delay 4-6 weeks if lead leg.
Pivoting/cutting sport: When functional criteria are met and cleared by surgeon, typically 6 months at earliest

Surgeon Comments: