



FCL RECONSTRUCTION

Post-Operative Rehabilitation Protocol

0-2 weeks

- WBAT
- Brace locked at 0° for ambulation and sleeping
- ROM: 0-30° with emphasis on achieving full extension
- SLR supine with brace locked at 0°
- Quad sets with brace locked at 0°
- Ankle pumps

2-4 weeks

- WBAT
- Brace locked at 30° for ambulation and sleeping
- ROM: 0-60° (maintain full extension)
- Proprioception training
- Continue SLR, quad sets, and ankle pumps

4-6 weeks

- WBAT
- Brace locked at 60° for ambulation and sleeping
- ROM: 0-90° (maintain full extension)

6-14 weeks

- Discontinue brace once sufficient quad control is achieved
- Begin progressive squat program
- Initiate step-down program
- Leg press, lunges
- Isotonic knee extensions (90-40° range, closed-chain preferred)
- Agility exercises (sport cord)
- Versaclimber/Nordic Track
- Retrograde treadmill ambulation

22 weeks

- Progress to plyometric program
- Return to sports (per MD clearance)

Note: Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery