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Medial Collateral Ligament (MCL) Rehabilitation Protocol

1-2 Weeks

- Initiate physical therapy. WBAT. Patient will wear hinged brace, unlocked, full time for 4 weeks following injury, except in P.T.
- Treatment with modalities for pain and swelling as needed.
- Easy stationary bike for range of motion.
- Quads, straight leg raises (SLR's), calf raises.
- Gentle ROM's.
- No valgus stress or open chain for 6 wks. No inside leg raise.

3 Weeks

- Manual therapy and modalities as needed.
- Bike, leg press, step-up, step-down.
- If tolerated, leg curl and multi-hip adduction with pad *above* knee.
- Proprioception/ balance activities as tolerated.
- Passive ROM's as needed.

4-5 Weeks

- Manual therapy and modalities as needed.
- Add Smith press.
- Progressive resistance exercises (PRE's) as tolerated. Initiate at low level and progressing to intermediate.

6 -10 Weeks

- Continue strengthening.
- Increase resistance on bike.
- Continue to strengthen hamstring, quads, adductors, abductors.

10-12 weeks

- May initiate jogging.
- If tolerated then begin cutting, sprinting, jumping, full speed carioca.
- If patient is able to complete above activities without discomfort, they may return to full activity pending physicians exam. This is usually between 10 and 12 weeks post injury.
- Most patients will be required to wear a hinged brace for full contact athletics when they initially return.

NO SQUATS OR LUNGES AT ANY TIME!