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Medial Collateral Ligament Repair/Reconstruction Physical Therapy Protocol

Patient Name: _____ Date: _____

Surgery: Right/Left MCL Repair/Reconstruction

Date of Surgery: _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

PHASE I: 0-2 WEEKS POSTOPERATIVE

GOALS:

- Pain/effusion control
- Good quad control

Crutches – Partial weight bearing (PWB) in brace (no more than 50% of body weight)

EXERCISES:

Calf pumping

AAROM, AROM 0-90 degrees

Passive extension with heel on bolster or prone hangs

Electrical stimulation in full extension with quad sets and SLR

Quad sets, Co-contractions quads/hams Straight leg raise (SLR) x 3 on mat in brace – No ADD

Short arc quads

No stationary bike x 6 weeks

Ice pack with knee in full extension after exercise

PHASE II: 2-4 WEEKS POSTOPERATIVE

GOALS:

- ROM 0-100 degrees
- No extensor lag

AMBULATION AND BRACE USE:

Brace x 8 weeks – Open to 0-45 degrees Crutches – PWB in brace

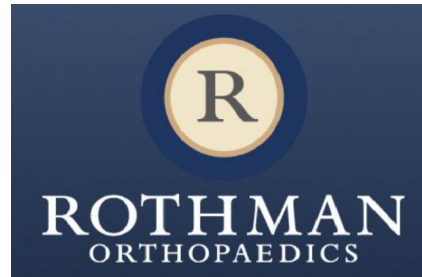
EXERCISES:

Continue appropriate previous exercises Scar massage when incision healed

AAROM, AROM 0-90 degrees only

SLR x 3 on mat, no brace if good quad control – No ADD

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Double leg heel raises



No stationary bike x 6 weeks
Stretches – Hamstring, Hip Flexors, ITB

PHASE III: 4-6 WEEKS POSTOPERATIVE

GOALS:

- ROM 0-120 degrees • No effusion

AMBULATION AND BRACE USE:

Brace x 8 weeks – Open to 0-90 degrees Crutches – PWB in brace

EXERCISES:

Continue appropriate previous exercises AAROM, AROM 0-120 degrees
Standing SLR x 3 with light Theraband bilaterally – May begin Hip ADD with Theraband if good LE control in full extension
Leg press 0-45 degrees with resistance up to ¼ body weight
Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)
No stationary bike x 6 weeks

PHASE IV: 6-8 WEEKS POSTOPERATIVE

GOAL: Full ROM

AMBULATION AND BRACE USE:

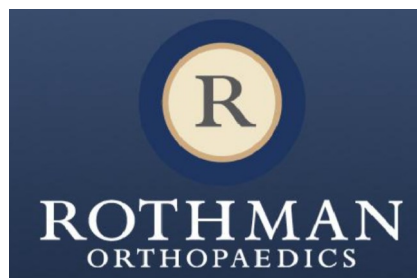
Brace – Open to full range
Crutches – WBAT, D/C crutch when gait is normal

EXERCISES:

Continue appropriate previous exercises
PROM, AAROM, AROM to regain full motion Standing SLR x 4 with light Theraband bilaterally Wall squats 0-45 degrees
Leg press 0-60 degrees with resistance up to ½ body weight
Hamstring curls through full range – Carpet drags or rolling stool
Forward, lateral and retro step downs in parallel bars
– No knee flexion past 45 degrees (small step) Proprioceptive training – Single leg standing in parallel bars
– Double leg BAPS for weight shift
Single leg heel raises
Treadmill – Forwards and backwards walking Stationary bike – Progressive resistance and time
Elliptical trainer

PHASE V: 8-12 WEEKS POSTOPERATIVE

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GOAL: Walk 2 miles at 15min/mile pace BRACE USE: D/C BRACE



EXERCISES:

Continue appropriate previous exercises with progressive resistance
Leg press 0-90 degrees with resistance as tolerated
Hamstring curls on weight machine
Knee extension weight machine
Forward, lateral and retro step downs (medium to large step)
Proprioceptive training – Single leg BAPS, ball toss and body blade

– Grid exercises

Continued on following page

Treadmill – Walking progression program Stairmaster – Small steps

Pool therapy

PHASE VI: 3-4 MONTHS POSTOPERATIVE

GOAL: Run 2 miles at an easy pace

EXERCISES:

Continue appropriate previous exercises Fitter

Slide board

Functional activities – Figure 8s, gentle loops, large zigzags

Treadmill – Running progression program Pool therapy – Swimming laps

Quad stretches

PHASE VII: 4-6 MONTHS POSTOPERATIVE

GOAL: Return to all activities

EXERCISES:

Continue appropriate previous exercises Agility drills / Plyometrics

Sit-up progression

Running progression to track

Transition to home / gym program

No contact sports until 6 months post-op

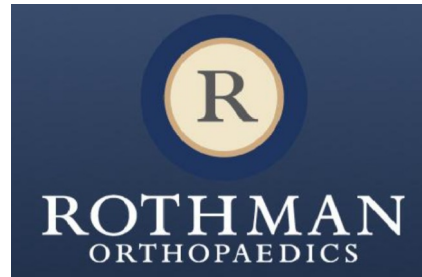
Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities

Electric Stimulation Ultrasound Iontophoresis Phonophoresis TENS Heat before

Ice after Trigger points massage Therapist's discretion

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Signature _____ Date _____