



Department of Orthopaedic Surgery  
Sports Medicine and Shoulder Service

## Knee MCL Repair/Reconstruction Rehab Protocol Prescription

Patient Name:

Date:

Diagnosis: MCL tear

Frequency: 2-3 visits/week Duration: 4 months

### Week 1-2

- Ankle pumps every hour
- Post -op brace to maintain full extension.
- Quad sets & SLR (Brace on) with no lag
- TTWB with crutches
- Ice or Cryocuff Unit on knee for 20-30 minutes every hour
- Passive ROM exercises: Limits: 0 to 40 degrees.
- NO Hip adductor strengthening

### Week 3-4 (ROM 0-75deg, TTWB)

- Supervised PT 2- 3 times a week (may need to adjust based on insurance)
- Continue SLR's in brace with foot straight up, quad isometric sets, ankle pumps
- No weight bearing with knee in flexed position, TTWB with brace locked in full extension
- Patellar mobilization exercises
- Brace locked in full extension for ambulation and sleeping, and may unlock for sitting with limit 0-75deg.
- May not remove brace for HEP
- NO Hip adductor strengthening

### Week 5 (ROM as tolerated, TTWB)

- Continue with above exercises/ice treatments
- Advance ROM as tolerated with no limits with brace on

Stationary bike for range of motion (short crank or high seat, no resistance) Ok to remove brace for bike here  
No weight bearing with knee in flexed position, continue TTWB with brace locked in full extension  
Perform scar massage aggressively  
Progressive SLR program for quad strength with brace on - start with 1 lb, progress 1 -2 lbs per week  
Hamstring and hip PREs  
Seated leg extension (90 to 40 degrees) against gravity with no weight  
NO side lying Hip adductor strengthening

#### Week 6 (TTWB)

Continue all exercises  
No weight bearing with knee in flexed position, TTWB with brace locked in full extension  
Flexion exercises seated AAROM  
AAROM (using good leg to assist) exercises (4-5x/ day) with brace on  
Continue ROM stretching and overpressure into extension  
SLR's - with brace on  
NO side lying Hip adductor strengthening  
Leg press 0-70 arc of motion

#### Week 7 (WBAT)

Increase resistance on stationary bike  
Mini-squats and weight shifts  
Sport cord (bungee) walking  
8 inch step ups  
4 inch step downs

#### Week 10

Begin resistance for open chain knee extension  
Swimming allowed, flutter kick only  
Bike outdoors, level surfaces only  
Progress balance and board throws  
Plyometric leg press  
6-8 inch step downs  
Start slide board  
Jump down's (double stance landing)  
Progress to light running program and light sport specific drills if:  
    Quad strength > 75% contralateral side  
    Active ROM 0 to > 125 degrees  
    Functional hop test >70% contralateral side  
    Swelling < 1cm at joint line  
    No pain  
    Demonstrates good control on step down

#### Week 11-22

Stairmaster machine  
If full ROM, quad strength > 80% contralateral side, functional hop test >85%  
contralateral side, satisfactory clinical exam:  
    Progress to home program for running. Progress to hops, jumps, cuts and  
    sports specific drills. Begin to wean from supervised therapy.

#### 4-5 months

Criteria to return to sports (functional testing at 5 mos, then monthly until passing  
criteria)  
    Full Active ROM  
    Quadriceps >90% contralateral side  
    Satisfactory clinical exam  
    Functional hop test > 90% contralateral side  
    Completion of a running program