

MCL Protocol

Phase I

Week 1 - 2

Weight-Bearing Status: WBAT

Bracing: As ordered by physician – full ROM allowed

Exercises: Active ROM
ROM in swimming pool
Isometrics for quads and hamstrings
Weight shifting PRN in parallel bars to normalize gait
Begin standing terminal knee extension/quad sets in parallel bars
Stretching exercises
Begin single leg balance in parallel bars (injured leg)
Begin 3 way hip lunges
Resisted hip exercises with weights proximal for abduction and adduction
Resisted ankle exercises
Bike – No resistance

Therapy adjuncts: Gentle patellar mobilization. Cryotherapy
Modalities prn for pain, swelling control and/or muscle
re-education/strengthening.

Week 3-6

Weight-Bearing Status: Full weight-bearing

Bracing: As ordered by physician

Exercises: Continue previous exercise program
Bike with low resistance – progress time
Flexibility exercise
Leg Press
Mini Squats
Lunge – Forward and Backward
Proprioception activities
Single leg balance progress to unstable surfaces
BAPS board
Profitter
Aquatic therapy

Therapy adjuncts: Continue previous as needed.

Week 6 – Return to Sport

Exercises: Continue with previous activities to increase flexibility, strength and
endurance.
Continue proprioceptive activity progressing as tolerated.

Begin functional strengthening program – sport specific modified plyometrics program

- Slow speed to high speed
- Bilateral to unilateral support
- Low to moderated heights
- Soft to hard surfaces

Functional activities progression

- Straight jogging – flat track
- Three-quarter speed running – flat track
- Full speed sprinting
- Lateral slides (defensive drills)
- Ladder Drills
- Zigzag drills – soft cuts

Criteria for return to Sport

- No signs of active inflammation
- Full Rom and normal flexibility
- Functional Test

- Vertical jump

- Bilateral

- Unilateral comparison

- Standing broad jump

- Bilateral

- Unilateral comparison

- Completion of functional progression leading to full participation in sport

Protective Bracing as ordered by Physician

Disclaiming statement: The physician's orders supersede any standing protocols.