

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

Proffitter

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

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