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
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**
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