**MEDIAL COLLATERAL LIGAMENT (MCL) RECONSTRUCTION/ REPAIR POST-OP REHABILITATION PROTOCOL**

The following is a protocol for postoperative patients following MCL reconstruction. The primary goal of this protocol is to protect the reconstruction while steadily progressing towards and ultimately achieving pre-injury level of activity. Please note this protocol is a guideline. Achieving the criteria of each phase should be emphasized more than the approximate duration.

**PHASE I: 0-2 WEEKS POSTOPERATIVE**

GOALS:

Pain/effusion control

Good quad control

DRESSING:

POD 1: Debulk dressing, TED Hose in place

POD 2: Change dressing, keep wound covered, continue TED Hose

POD 7-10: Sutures out, D/C TED Hose when effusion resolved

AMBULATION AND BRACE:

Brace x 8 weeks – Locked in extension for ambulation

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

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 0-90 degrees

No extensor lag

AMBULATION AND BRACE:

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

Passive flexion to 90 degrees (push up with opposite leg)

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

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

Mini squats 0-45 degrees

Passive flexion to 90 degrees (push up with opposite leg)

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 – Weight bearing as tolerated(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 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

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

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