



Knee MCL Sprain Rehab Protocol

Assumptions:

- Grade 3 MCL sprain
- No confounding injuries (ACL, PCL, meniscus)

Primary surgery: none

Secondary Surgery: possible MCL reconstruction

Precautions: none

Expected # of visits: 10-14

Week 1

- NWB
- Immobilization 30 degrees
- ROM 0-70

Treatment:

- Isometric quad at 60
- NMES if less than 80%
- SLR
- PROM
- Modalities PRN

Milestones:

- If tolerating all week 1 activities without increasing pain and ROM 0-70 without pain then progress to week 2
- Keep knee immobilized at 30 and NWB for 1 week

Week 2

- PWB 40%
- 30 flexion brace
- ROM 0-90

Treatment:

- Easy stationary bike for ROM
- OKC 90-45
- Hamstring
- Modalities PRN

Milestones:

- If tolerating all week 2 activities without increasing pain and ROM 0-90 without pain then progress to week 3
- Keep 30 flexion brace on and PWB at 40% for week 2

Week 3

- WBAT 70-100%
- 30 flexion brace
- ROM 0-110

Treatment:

- OKC 90-15
- Modalities PRN

Milestones:

- If tolerating all week 3 activities without increasing pain and ROM 0-110 without pain then progress to week 4

Week 4

- Full WB
- ROM Full

Treatment:

- Tilt board
- Leg press 15-70
- Wall squat 15-45 feet internally rotated
- Proprioceptive training
- Agility 50%
- Modalities PRN

Milestones:

- If tolerating all week 4 activities without increasing pain and ROM full without pain then progress to week 5

Week 5

- Full WB
- ROM Full

Treatment:

- Agility 75%

Milestones:

- If tolerating all week 5 activities without increasing pain and agility >50%, progress to week 6

Week 6

- Full WB
- ROM Full

Treatment:

- Agility 100%

Milestones:

- Return to sport when pass functional test
- Able to perform agility at 100% unilateral hopping, strength