

Medial Collateral Ligament (MCL) Rehabilitation Protocol



DR. EASTWOOD

GRADE 1 INJURIES:

- Weight bearing as tolerated (WBAT) with crutches if necessary
- Active ROM exercises to achieve full ROM as tolerated
- Active strengthening exercises – open and closed chain as tolerated
- Progress agility, proprioceptive and sport-specific drills as tolerated
- Return to sports when motion, strength, agility and proprioception are equal
- Bracing is encouraged for contact sports to prevent valgus forces

GRADE 2 INJURIES:

- Long-leg brace with WBAT with crutches
- Brace may be locked 1-2 weeks depending on pain, alignment and opening
- Active ROM exercises started immediately in brace (if opened) or out of brace if locked in extension
- E-stim, quad sets, SLR started immediately
- Brace is opened at end of post injury week 3 and full weight bearing encouraged
- Discontinuation of brace is dependent on pain, alignment and laxity
- Week 3: once full ROM and functional strength attained, agility and proprioceptive drills may begin, including straight line approach
- Week 5-6: Progress to sprinting and sport-specific functional agility drills as tolerated
- Return to sports when motion, strength and proprioception are equal, can perform sport-specific activities and valgus opening is eliminated, pending physician's exam. This is generally between 5 and 6 weeks post injury.
- Bracing is encouraged for contact sports or high-risk sports to prevent valgus forces

*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

250 S. MAIN STREET, SUITE 224A
BLACKSBURG, VA 24060
P 540.552.7133 | F 540.552.7143
ORTHOVIRGINIA.COM

GRADE 3 INJURIES:

- Long-leg brace locked in extension for 3-6 weeks depending on alignment. Non-weight bearing for 3 weeks if significant valgus alignment. Toe touch weight bearing otherwise.
- Quad sets, SLR E-stim, started immediately
- Nonvalgus aligned patients: immediate ROM out of brace 2-3 times a day. Brace unlocked at 3 weeks and progressive weight bearing.
- Valgus-aligned patients: ROM after 3 weeks. Brace locked for 6 weeks for ambulation with weight bearing depending on degree of laxity.
- Closed chain exercises started depending upon patient's weight-bearing status
- Progressive ROM and strengthening similar to patients with grade 2 injuries
- Bracing is encouraged for all sports for 6-12 months