

Rehabilitation Protocol for MCL Repair and Reconstruction Rehab



Dr. Feinstein

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-4 WEEKS	Toe touch with assistive device	<ul style="list-style-type: none"> • Locked in full extension for sleeping & all activity • Off for exercises and hygiene 	<ul style="list-style-type: none"> • 0-2 weeks: 0-30° • 2-4 weeks: 0-60° • STRESS FULL EXTENSION 	<ul style="list-style-type: none"> • Heel slides, quad sets, patellar mobility, SLR, SAQ, prone hangs • Avoid valgus force & side lying hip adduction
PHASE II 4-6 WEEKS	50% partial with assistive device	<ul style="list-style-type: none"> • Unlocked for range of motion exercises • Locked to ambulate • Off at night 	0-90°	<ul style="list-style-type: none"> • Heel slides, quad sets, patellar mobility, SLR, SAQ, prone hangs • Avoid valgus force & side lying hip adduction
PHASE III 6-12 WEEKS	Progress to full	<ul style="list-style-type: none"> • Locked to ambulate until adequate quad control • Unlock when not ambulating 	Progress to full	<ul style="list-style-type: none"> • Addition of heel raises, total gym (closed chain), terminal knee extensions • Begin hamstring work, lunges & leg press, proprioception exercises, balance/core/hip/glutes Begin stationary bike, elliptical
PHASE IV 3-5 MONTHS	Full	Wean out of brace	Full	<ul style="list-style-type: none"> • Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike • Swimming okay at 14 wks (flutter kick) • Jog to run progression at 4 months
PHASE V > 5 MONTHS	Full	None	Full	<ul style="list-style-type: none"> • Progress agility and plyometrics • Advance to sport-specific drills and jumping once cleared by MD

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

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