

MCL REPAIR/RECONSTRUCTION REHABILITATION PROTOCOL

TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	BRACE – Wear until 12 weeks	EXERCISES
0-2 week	Toe Touch Weight Bearing	0-90 degrees	Locked in extension except during range of motion exercises	Heel slides, quad sets, straight leg raises. Early range of motion exercises.
2-6 weeks	Toe Touch Weight Bearing with Crutches	Full ROM. Work on obtaining full extension, improved flexion	Brace at all times. Lock in extension for ambulation and sleeping. Unlock for range of motion exercises.	Continue previous exercises. Patellar mobilization. Hamstring and hip progressive resistance exercises. Isometrics at 60 degrees flexion. Avoid Valgus Loads
6-12 weeks	Full weight bearing.	Full ROM	Brace at all times	Proprioception training. Begin squat/step program. Quadriceps isotonic. Leg press (eccentrics). Stationary Bike.
12-20 weeks	Full weight bearing.	Full ROM	None	Continue strengthening and proprioceptive exercises. Begin functional exercise program. Ok to walk on treadmill.
20+ weeks	Full weight bearing.	Full ROM	None	Agility Drills, progress running program with cutting/pivoting if quad control is present. Gradual return to contact and pivoting sports activities, maintenance program for strength and endurance.

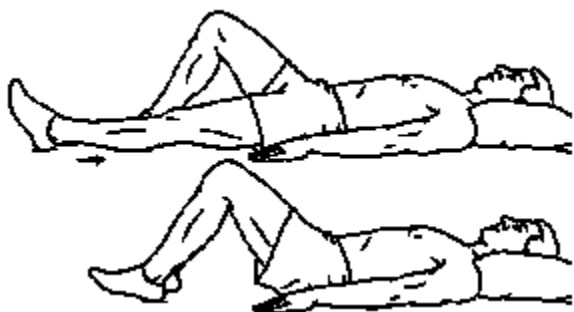
*** If meniscal repair, limit motion 0-90 degrees for 6 weeks, then work towards full. No squatting for 3 months.**

***Begin Therapy 1 week post-op

Dane Todd, MD	
Questions please call: # 402-488-3322	
Fax: 402-488-3336	
Patient Name: _____	
Surgery Date: _____ Side (Circled): Right Left	
Surgery Performed:	
MCL Repair	MCL Reconstruction
Meniscectomy	Meniscal Repair
OTHER: _____	
Physical therapy to evaluate and treat for post op MCL repair/reconstruction using the above protocol. 1-2 times per week for 12 weeks.	
Notes: _____	
MD signature: _____	

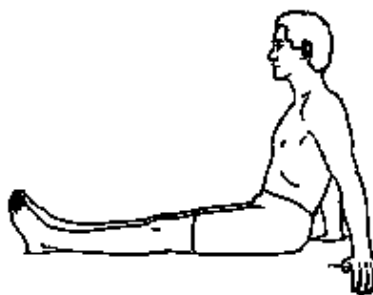
Home Exercises - Week 1-2 after

Heel Slides



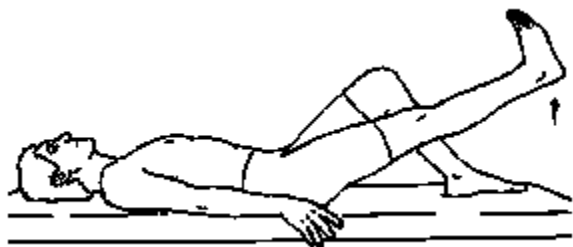
Slide surgical side's heel toward buttocks until a gentle stretch is felt. Hold for 5 seconds. Relax. Repeat 10 times per set. Do 1-2 sets per session, 1 session per day.

Quad Sets



Tighten muscles on top of thighs by pushing knees down into the table/floor. Hold for 5-10 seconds. Repeat 10 times per set, 1-2 sets per session, 1 session per day.

Straight Leg Raise



Tighten muscles on the front of the surgical side's thigh, then lift leg 5-15" from the floor/table, keeping knee locked. Repeat 10 times per set, 1-2 sets per session, 1 session per day

Stationary Bike



When comfortable begin activity on a stationary bike. Start easy, seat high, no resistance for 10 minutes. Gradually add in more time, but no resistance until later