

Physical Therapy Protocol MCL Repair/Reconstruction

Recommendation: PT/OT visits 2-3x/week for 8-12 weeks

Week 0-2

- Toe touch weight bearing
- Brace on at all times (except to shower)
- Brace unlocked – no range of motion limitations
- Brace locked straight while ambulating until quad control achieved
- Quad activation, ankle pumps, straight leg raise

Week 2-6

- Progress to full weight bearing
- Brace on at all times (except to shower)
- Brace unlocked – no range of motion limitations
- Active and passive ROM of knee, no limitations
- Goal for 90 degrees of flexion by 6 weeks
- Quad activation, ankle pumps, straight leg raise
- Closed chain exercises

Week 6-12

- Begin to wean out of brace
- Terminal range of motion
- Soft tissue mobilization
- Closed chain exercises, no open chain exercises
- Progress towards home program

Week <12

- Optional brace
- Home exercise program
- Sport specific training