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Grade II - III MCL Protocol:

Precaution: Avoid Valgus stress throughout all knee motion exercise. Emphasis by verbal feedback knee position to avoid valgus alignment.

Initial Phase: From time of injury to week 4

- Hinged knee brace (wear day and night, except showers)
- Utilize abundant cryotherapy (30 min on every 3 – 4 hrs)
- E-stim, stationary bike
- Decrease swelling
- Start to restore knee ROM
- Maintain knee full extension
- Goal to get to 100 deg knee flexion by end of Initial Phase
- Brace unlocked for immediate ROM 3 times a day
- Goal for 4/5 quad and hamstring strength through non-weight bearing exercise, straight leg raise. No resistive exercise until motion at least 0 – 90.
- Restore normal gait
- Progressively restore full weight bearing by end of Initial Phase
- Discard crutches once gait normalized (non-painful and no limp)

Phase II: Weeks 4 – 6

- Continue cryotherapy
- Begin closed kinetic chain exercise and progress with resistance as tolerated
- Stair stepper
- Continue stationary bike and lower seat to increase knee motion
- Static proprioception

Goals:

- Continue to decrease swelling
- Obtain full ROM
- Obtain 5/5 quad/ham strength

Phase III: Weeks 6 – 10

- Begin treadmill jogging
- Start dynamic proprioceptive exercises

Goals:

- Full squat
- Return to light jogging
- Return to agility drills
- Will allow certain sport specific drills (case specific)

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Phase IV: Weeks 8 – 12

- Plyometrics
- Full agility/sport specific drills
- Continue dynamic proprioceptive training

Brace for at least 6 weeks.
Consider brace use up to 6 – 12 months post injury.

Functional Running Program:

*Begin after full range of motion, full weightbearing without pain, and pain-free jogging has been achieved

- Jog 1 mile
- Five successive 80 yard sprints at ½ speed
- Five successive 80 yard sprints at ¾ speed
- Five successive 80 yard sprints at full speed
- Five zigzag sprints at ½ speed
- Five zigzag sprints at full speed

Adapted from:
Giannotti BF. Sport Med Arthrosc Rev 2006.
Edson CJ. Sport Med Arthrosc Rev 2006.
Reider B. American Journal of Sports Medicine 1994.