

**Jeffrey B. Witty, M.D.**  
Orthopaedic Surgery and Sports Medicine  
North Oaks Orthopaedic Specialty Center  
15813 Paul Vega MD Drive  
Hammond, LA 70403  
(985) 230 - 2778

**Isolated Grade II MCL Protocol: In brace unless removed by physician.**

**\*\*\*If done with associated patella dislocation / subluxation, avoid patella mobilizations in acute phase (approx. 3 weeks)**

First 48 – 72 hrs

- Rest, cryotherapy/ice, compression (tubigrip), elevation
- Hinged knee brace locked in extension if very painful / swollen and guarding – not usually for longer than a few days.
- PO NSAID

Brace:

- Duration of use based on clinical exam and progression with protocol.
- Use brace initially day and night (except bathing) until cleared for removal by MD.

After Resolution of Swelling:

- Begin gentle range of motion.
- E-stim, Hivamat, quad sets, straight leg raises
- Partial weight bearing once swelling/pain controlled and quickly advance to full weight bearing as pain allows
- Start normal walking once gait normalized/no limp and no pain and knee ROM at least 90 degrees
- Start progressive gentle closed chain exercise if pain allows.

After Gait Normalized and ROM at Least 90 Degrees:

- Continue progressive resistance **closed** kinetic chain exercises as comfort allows
- Stationary bike

Note: Will see physician prior to clearance for running / or drills OR please contact physician to discuss progress prior to beginning running or drills.

- Once WBAT, progress light jogging, progress agility (see below), static proprioceptive, neuromuscular, and sport specific drills

Once able to jog/run at 75% max speed and pain-free:

- Begin figure 8 drills at 20 yards, then progress to 10 yard figure 8 drills
- If pain-free, progress to cutting drills at 45 degrees, then 90 degree cutting drills
- Goal to achieve full ROM and approximately 80% strength of opposite side before returning to sport participation

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- Continue to strengthen and dynamic proprioception until patient has achieved confidence to return to play
- Bracing up to 6 weeks after injury and a functional brace may be used during contact or high-risk activity.

Clear for Attempt to Return to Full Participation After:

- Normal ligamentous exam
- No pain with sport/activity agilities

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  $\frac{1}{2}$  speed
- Five successive 80 yard sprints at  $\frac{3}{4}$  speed
- Five successive 80 yard sprints at full speed
- Five zigzag sprints at  $\frac{1}{2}$  speed
- Five zigzag sprints at full speed

Note: Return to play may take up to 3 – 8 weeks

Adapted from:

Noyes' Knee Disorders

Giannotti BF. American Journal of Sports Medicine 2006.

Edson CJ. Sport Med Arthrosc Rev 2006.

Reider B. American Journal of Sports Medicine 1994.