

**Isolated MCL Repair / Reconstruction  
Postoperative Rehabilitation Protocol  
Dr. Jeffrey Witty, M.D.**

Notes:

- Please review any additional notes for adjustments to protocol depending on concurrent pathology (ex. meniscus repair)
- AVOID valgus force to knee during rehab exercise
- No aggressive PROM to avoid stretching graft tissue
- PT to educate and observe patient to avoid pivoting over the knee
- PT to educate and observe patient to avoid tibial external and internal rotation of the knee
- PT to observe and adjust rehab based on patient response regarding pain and effusions.

Modalities:

- Ice, compression, thigh high compression sleeve, and other swelling reduction ok to start immediately.
- Ice pack/cryo 30 min on and 30 min off
- Thigh high compression sleeve at least 6 weeks postop

	<b>Weightbearing</b>	<b>Brace</b>	<b>ROM</b>	<b>Exercise</b>
<b>Phase I Week 0 - 2</b>	NWB	Hinged brace locked in full extension for sleeping, ambulation	None	Knee extension exercises. <ul style="list-style-type: none"> <li>- heel prop</li> <li>- towel stretch for extension</li> </ul> Quad sets SLR in brace Standing hip extension and abduction (while in brace)  Patella mobs avoiding skin incisions
<b>Phase II Week 2 - 3</b>	NWB	Locked in full extension at all times for sleeping, ambulation. Unlock/open for ROM exercise.	0 - 60	As above

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<b>Phase III Week 4 - 6</b>	NWB	As above	0 - 90	As above
<b>Phase IV Start Week 6- 12</b>	Progress WBAT	Wean out of brace once gait normalizes  Fit for MCL brace	Progress ROM tolerated with precautions noted above in the notes.  Only 0 - 70 during WB exercise to avoid stress on graft during femoral roll back.	As above  Start WB closed chain exercises 0 - 70.  Mini squats with two legs.  Stationary bike
<b>Phase V Week 12 - 16</b>	WBAT	Fit for MCL brace	As tolerated	As above.  Progress beyond 0 - 70 for WB exercise  Progress PRE and proprioception

<b>Phase VI Week 16 - 24</b>	WBAT	MCL brace during activity	As tolerated	As above  Progress to jogging as tolerated
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<b>Phase VII Return to Sport</b>	WBAT	MCL as needed	As tolerated	Sport specific drills once passes functional testing
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Protocol adapted from:

LaPrade et al Clin Orthop Relat Res 2012

Marx et al Clin Orthop Relat Res 2012