

Knee Medial Collateral Ligament (MCL) Sprain Non-operative Rehab Protocol

Office visits:

- 2w, 6w, 12w, more as needed until return to play

Physical therapy:

- Therapy prescription will be provided at your first visit

Home exercise program (HEP):

- These are a guide for you and the physical therapist; physical therapist may add on exercises as necessary for rehabilitation

Weeks 0-2:

Brace/Crutch Use	• Hinged knee brace (HKB) on full time except hygiene ○ Locked in extension (0 deg) when weight bearing and sleeping ○ Unlocked 0-130 during exercises • Progressive weight bearing as tolerated with two crutches until no limp
Range of Motion	• Range of motion as tolerated with brace unlocked when not walking ○ Okay for passive and active motion
Exercises	• Start Phase I Home Exercise Program – knee ○ Quad sets; patellar mobilization, straight leg raise, calf pumps ○ Towel under knee for extension exercises • PT to add on additional exercises as indicated; okay for isometrics
Misc	• Edema control, ice, elevation, foot pumps, other modalities per PT

Weeks 2-6:

Brace/Crutch Use	• Hinged knee brace (HKB) on full time except hygiene ○ May progress to WBAT with brace unlocked when demonstrates quad control • Discontinue crutches when gait is non-antalgic
Range of Motion	• Range of motion as tolerated with brace unlocked when not walking ○ Passive knee extension ○ Passive -> Active assist -> Active knee flexion
Exercises	• Continue Phase I exercises as needed • May start closed chain quad and hamstring exercises • May start low resistance biking
Misc	• PT to add on modalities or exercises as recommended

Weeks 6-12:

Brace/Crutch Use	• Discontinue brace and crutches
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Range of Motion	• Maintain full, active motion
Exercises	• Advance to open chain exercises • May start running and sports specific training • PT to add on exercises as indicated including gait training, agility exercises, proprioceptive training

Return to Sport

- Goal ~3 months
- Criteria:
 - Full ROM
 - No knee effusion
 - Hop test or strength testing at least 85-90% of contralateral side
 - Completed sports specific rehab with PT