

## REHABILITATION PROTOCOL: MEDIAL COLLATERAL LIGAMENT RECONSTRUCTION OR REPAIR

### **Phase 1 (Weeks 0-2)**

- Weight bearing: Toe-touch weight bearing with crutches (modified if concomitant meniscal repair, meniscal transplant or articular cartilage procedure is performed)
- Hinged knee brace
  - Locked in full extension for ambulation and sleeping (weeks 0-2)

### **Phase 2 (Weeks 2-6)**

- Weight bearing: Toe-touch weight bearing with crutches
- Hinged knee brace
  - 0-45 degrees for ambulation and sleeping (weeks 0-8)
- Range of motion Active assisted range of motion (AAROM) → Active range of motion (AROM) 0-90
- Therapeutic exercises
  - Calf pumping
  - Passive extension with heel on bolster or prone hangs (Not if PCL reconstruction)
  - Co-contractions quads/hams
  - Straight leg raise on mat in brace
  - Wall sits and leg press 0-45 deg up to ¼ body weight (after 4 weeks)
  - Hamstring curls 0-45 deg, carpet drags (Not if PCL reconstruction)

### **Phase 3 (Weeks 6-12)**

- Weight bearing: Full
- Hinged knee brace: Discontinue brace (after 8 weeks) when patient has achieved full extension with no evidence of extension lag
- Range of motion: Full and painless
- Therapeutic exercises (continue above until 8 weeks can add the following)
  - Step-downs
  - Treadmill
  - Stationary bike- progressive resistance and time
  - Elliptical

### **Phase 4 (Months 3-6)**

- Continue with strengthening (quad/hamstring) and flexibility
- Range of motion: Full and painless
- Therapeutic exercises
  - Slide boards
  - Begin agility drills
  - Figure 8's
  - Gentle loops
  - Large zig-zags
  - Swimming
  - Begin plyometrics at 4 months
  - Contact sports 6 months