

MEDIAL COLLATERAL LIGAMENT (MCL) RECONSTRUCTION / REPAIR PROTOCOL**PHASE I: Weeks 1-6**

- Brace at all times
- Toe touch weight bearing
- Edema control and cryotherapy
- Patellar mobilization.
- ROM within the patients comfort zone
- goal of 0-90 at 2 weeks
- slight hyperextension to 125 by week 6
- Quad function
- SLR's
- Quad sets
- Ankle pumps

PHASE II: Weeks 7-15

- Gait training.
- Brace discontinued and patient is allowed to WBAT.
- Continue with edema measures and cryotherapy.
- Stationary biking
- Closed chain kinetic exercises are initiated.
- Leg press/squats 0-70 degrees.

PHASE III: Weeks 16-24

- Sport specific agilities and plyometrics.
- Running progression program.