

PHYSICAL THERAPY PROTOCOL: MCL Repair

Name: _____

Date of Surgery: _____

Diagnosis: _____

Signed: _____

Frequency: 2-3 times per week x 12 weeks

Phase 1 → 0-3 weeks

- Weight bearing---Toe touch weight bearing in brace
- Brace:
 - Locked at 0-90 degrees of flexion
- ROM:
 - 0-90 degrees flexion
- Exercises:
 - Isometric quad strengthening, patellar mobs, gastroc/soleus stretch
 - Straight leg raises in brace until

Phase 2 → 3-6 weeks

- Weight bearing---Toe touch weight bearing
- Brace---unlock brace for full ROM
- ROM---Full ROM unlocked in brace
- Exercises
 - Quad/hamstring strengthening, protect repair

Phase 3 → 6-12 weeks

- Full weight bearing as tolerated, continue brace, full ROM
- Exercises
 - Advance prior phases
 - Begin stairmaster and light jogging around 12 weeks
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Phase 4 → 12-18 weeks

- D/C post-op brace, transition to MCL brace for all contact sports for the first year post-op
- Exercises
 - Sport specific drills once 90% of quad and hamstring strength and 75% maximum running speed are regained
 - Gradual return to sports participation after completion functional sports assessment and clearance from Dr Makhni