



Rehabilitation Practice Guidelines for: Grade 1 MCL Sprain

Assumptions 1) Grade 1 MCL sprain
 2) No confounding injuries (i.e. ACL, PCL, meniscus)

Primary surgery: None

Secondary surgeries (possible): None

Expected # of visits: 3-4

Precautions

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Grade 1 MCL Rehab Protocol

<u>Timeline</u>	<u>Treatment</u>	<u>Milestones</u>
<u>Week 1</u> Full weight bearing ROM Full	<u>First visit:</u> <ul style="list-style-type: none"> ▪ OKC 90-15° ▪ Hamstring curl ▪ Agility drills (A/P shuffling) 50% ▪ Modalities for pain management <u>Second visit:</u> <ul style="list-style-type: none"> ▪ Perturbation (A/P) bilateral stance ▪ Agility drills 50%-65% ▪ Modalities for pain management 	<ul style="list-style-type: none"> ▪ If able to tolerate A/P shuffling without increased pain, then progress to cutting activities ▪ If full ROM and tolerating activities without increase in pain, then progress to week 2
<u>Weeks 2</u> Total Visits: 3-4	<ul style="list-style-type: none"> ▪ Continue strengthening ▪ Leg press 10-70° ▪ Agility drills 75%-100% ▪ Wall squat 10-45° ▪ Modalities PRN 	<ul style="list-style-type: none"> ▪ Return to sport if pass functional test: able to perform agility drills at 100% on involved side without increase in pain, able to hop on involved leg without increased pain