



## Rehabilitation Practice Guidelines for: Grade 2 MCL Sprain

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

Primary surgery:        None

Secondary surgeries    None  
(possible):

Expected # of visits:   8-10

### Precautions

<b>Precautions</b>	▪ None
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### Grade 2 MCL Rehab Protocol

<u>Timeline</u>	<u>Treatment</u>	<u>Milestones</u>
<u>Week 1</u>  WBAT Brace locked at 30° ROM 0-90°	<ul style="list-style-type: none"> <li>▪ Isometric quad at 60°, NMES if &lt;80%</li> <li>▪ SLR</li> <li>▪ Easy stationary bike for ROM</li> <li>▪ Modalities for inflammation and pain</li> </ul>	<ul style="list-style-type: none"> <li>▪ If tolerating all week 1 activities without increase in pain or edema, ROM 0-90°, then progress to week 2</li> </ul>
<u>Weeks 2</u>  WBAT/FWB Brace locked at 30° ROM 0-110°  Total Visits: 3-4	<ul style="list-style-type: none"> <li>▪ Stationary bike for ROM/gentle conditioning</li> <li>▪ OKC 90-45°</li> <li>▪ Hamstring curls</li> <li>▪ Modalities PRN</li> </ul>	<ul style="list-style-type: none"> <li>▪ If tolerating all week 2 activities without increase in pain, FWB, ROM 0-110°, then progress to week 3.</li> <li>▪ Keep brace locked at 30° for all of second week</li> </ul>
<u>Week 3</u>  FWB Full ROM	<ul style="list-style-type: none"> <li>▪ OKC 90-15°</li> <li>▪ Wall squat 10-45°</li> <li>▪ Leg press 10-70°</li> <li>▪ Stationary bike</li> <li>▪ Perturbation (no single leg)</li> <li>▪ Agility 50%-65%</li> <li>▪ Modalities PRN</li> </ul>	<ul style="list-style-type: none"> <li>▪ If tolerating all week 3 activities without increase in pain, FWB, then progress to week 4</li> </ul>
<u>Week 4</u>  Total Visits: 8-10	<ul style="list-style-type: none"> <li>▪ Perturbation</li> <li>▪ Mini tramp/proprioception</li> <li>▪ Agility 75%-100%</li> <li>▪ Modalities PRN</li> </ul>	<ul style="list-style-type: none"> <li>▪ Return to sport if able to pass functional test: perform agility drills at 100%, unilateral hopping, strength &gt;90%</li> </ul>