



Rehabilitation Practice Guidelines for: Grade 3 MCL Sprain

Assumptions 1) Grade 3 MCL sprain
 2) No confounding injuries (i.e. ACL, PCL, meniscus)

Primary surgery: None

Secondary surgeries MCL Reconstruction
(possible):

Expected # of visits: 10-14

Precautions	
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Grade 3 MCL Rehab Protocol		
Timeline	Treatment	Milestones
<u>Week 1</u> NWB Immobilization 30 ROM 0-70°	<ul style="list-style-type: none"> ▪ Isometric quad at 60 ▪ NMES if less than 80% MVIC ▪ SLR ▪ PROM ▪ Modalities PRN 	<ul style="list-style-type: none"> ▪ If tolerating all week 1 activities without increase in pain and ROM 0-70 without pain, then progress to week 2. ▪ Keep knee immobilized at 30 and NWB for week 1
<u>Weeks 2</u> PWB 40% 30 flexion braces ROM 0-90° Total Visits: 3-4	<ul style="list-style-type: none"> ▪ Easy stationary bike for ROM ▪ OKC 90-45° ▪ Hamstring ▪ Modalities PRN 	<ul style="list-style-type: none"> ▪ If tolerating all week 2 activities without increase in pain, ROM 0-90 without pain then progress to week 3 activities. ▪ Keep 30 flexion brace on and PWB 40% for week 2
<u>Week 3</u> WBAT 70%-100% 30 flexion brace ROM 0-110°	<ul style="list-style-type: none"> ▪ OKC 90-15° ▪ Modalities PRN 	<ul style="list-style-type: none"> ▪ If tolerating all week 3 activities without increase in pain, ROM 0-110, FWB, then progress to week 4 activities
<u>Week 4</u> FWB ROM full	<ul style="list-style-type: none"> ▪ Tilt board ▪ Leg press 15-70° ▪ Wall squat 15-45° (feet internally rotated) ▪ Proprioceptive training ▪ Agility 50% ▪ Modalities PRN 	<ul style="list-style-type: none"> ▪ If tolerating all week 4 activities without increase in pain, ROM full, then progress to week 5 activities.
<u>Week 5</u>	<ul style="list-style-type: none"> ▪ Agility 75% 	<ul style="list-style-type: none"> ▪ If tolerating all week 5 activities without increase in pain or, agility > 50%, then progress to week 6 activities
<u>Week 6</u> Total Visits: 12-14	<ul style="list-style-type: none"> ▪ Agility 100% 	<ul style="list-style-type: none"> ▪ Return to sport when pass functional test: <ul style="list-style-type: none"> ○ Able to perform agility at 100%, unilateral hopping, strength greater than

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