



**Rehab Practice Guidelines for:
Grade 1 MCL**

- Assumptions:** 1. Grade 1 MCL sprain
2. No confounding injuries (ie ACL, PCL, meniscus)

Primary surgery: None
Secondary surgery (possible): None

Precautions: None

Expected # of visits: 3-4

<u>Week 1</u>	<u>Treatment</u>	<u>Milestones</u>
FWB ROM full	<p><u>First visit:</u> OKC 90-15° Hamstring curl Agility drills (A/P shuffling)50% Modalities for pain management</p> <p><u>Second visit:</u> perturbation (A/P) bilateral stance Agility drills 50%-65% Modalities for pain management</p>	<p>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</p>
<u>Weeks 2</u> TOTAL VISITS 3-4	<p>Continue strengthening Leg press 10-70° Agility drills 75%-100% Wall squat 10-45° Modalities PRN</p>	<p>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</p>