



**Rehab Practice Guidelines for:  
Grade 2 MCL**

**Assumptions:**

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

Primary surgery: None

Secondary surgery (possible): None

Precautions: None

Expected # of visits: 8-10

<u>Week 1</u>	<u>Treatment</u>	<u>Milestones</u>
WBAT Brace locked at 30° ROM 0-90°	Isometric quad at 60°, NMES if <80% SLR Easy stationary bike for ROM Modalities for inflammation and pain	If tolerating all week 1 activities without increase in pain or edema, ROM 0-90°, then progress to week 2
<u>Weeks 2</u>  WBAT/FWB Brace locked at 30° ROM 0-110°  TOTAL VISITS      3-4	Stationary bike for ROM/gentle conditioning OKC 90-45° Hamstring curls Modalities PRN	If tolerating all week 2 activities without increase in pain, FWB, ROM 0-110°, then progress to week 3. Keep brace locked at 30° for all of second week
<u>Week 3</u>  FWB Full ROM	OKC 90-15° Wall squat 10-45° Leg press 10-70° Stationary bike Perturbation (no single leg) Agility 50%-65% Modalities PRN	If tolerating all week 3 activities without increase in pain, FWB, then progress to week 4
<u>Week 4</u>  TOTAL VISITS 8-10	Perturbation Mini tramp/proprioception Agility 75%-100% Modalities PRN	Return to sport if able to pass functional test:perform agility drills at 100%, unilateral hopping, strength >90%