



## Rehab Practice Guidelines for: **Grade 3 MCL**

**Assumptions:**

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

Primary surgery: None

Secondary surgery (possible): MCL reconstruction

Precautions: None

Expected # of visits:10-14

<b><u>Week 1</u></b>	<b>Treatment</b>	<b>Milestones</b>
NWB Immobilization 30 ROM 0-70	Isometric quad at 60 NMES if less than 80% SLR PROM Modalities PRN	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
<b><u>Weeks 2</u></b>  PWB 40% 30 flexion brace ROM 0-90  TOTAL VISITS      3-4	Easy stationary bike for ROM OKC 90-45 Hamstring Modalities PRN	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
<b><u>Week 3</u></b>  WBAT 70%-100% 30 flexion brace ROM 0-110	OKC 90-15 Modalities PRN	If tolerating all week 3 activities without increase in pain, ROM 0-110, FWB, then progress to week 4 activities



<b>Week 4</b>  FWB ROM full	Tilt board Leg press 15-70 Wall squat 15-45 (feet internally rotated) Proprioceptive training Agility 50% Modalities PRN	If tolerating all week 4 activities without increase in pain, ROM full, then progress to week 5 activities.
<b>Week 5</b>	Agility 75%	If tolerating all week 5 activities without increase in pain or, agility > 50%, then progress to week 6 activities
<b>Week 6</b>  TOTAL VISITS 12-14	Agility 100%	Return to sport when pass functional test: -able to perform agility at 100%, unilateral hopping, strength greater than