

## MCL RECONSTRUCTION or REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<b>PHASE I</b> 0-6 weeks	Heel touch in brace	<b>0-2 weeks:</b> Locked in full extension for ambulation and sleeping  <b>2-6 weeks:</b> Unlocked 0-90 and worn daytime  Off for hygiene and exercises	<b>0-2 weeks:</b> 0-45  <b>2 weeks+:</b> advance slowly as tolerated	Quad sets, patellar mobs, gastroc/soleus stretch, leg hangs  SLR w/ brace in full extension until quad strength prevents extension lag  Begin side-lying hip/core  <b>*Avoid tibial rotation, hyperextension, and valgus force to the knee</b>
<b>PHASE II</b> 6-8 weeks	Advance 25% weekly until full WB by 8 wks	Transition to lateral unloader brace to be worn while active	Full	Begin toe raises, closed chain exercises, eccentric quads, balance exercises, gait normalization, step-ups, front and side planks; advance hip/core  Start stationary bike as tolerated  <b>Begin hamstring curls, glute sets, eccentric hamstrings after 6 weeks</b>
<b>PHASE III</b> 8-12 weeks	Full	Lateral unloader brace worn while active	Full	Advance closed chain strengthening and gait training  Progress proprioception activities, maximize core/glutes/hips, pelvic stability work, eccentric hamstrings, balance
<b>PHASE IV</b> 12-16 weeks	Full	None	Full	Begin stair master, elliptical, and running straight ahead at 12 weeks  Advance Phase III exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance  At 16 weeks, initiate plyometric program and sports-specific activities; may begin gradual return to sport

\*Brace may be removed at night after first post-operative visit (day 7-14) if directed