

Physical Therapy Prescription MCL Reconstruction

Patient Name:

Date:

Surgery Date:

Dx: s/p (LEFT / RIGHT) MCL RECONSTRUCTION

WEEKS 0-2

- * Brace on at all times – use crutches
- * Passive motion during first two weeks after surgery, limit to 90 degrees
- * Cryotherapy as needed for pain control
- * Straight leg raises and quad sets daily (up to 300-500 reps) in the brace
- * Partial weight bearing up to 20lbs to operative leg with brace locked at zero degrees
- * Electrical Stimulation to Quad if poor control (Russian)
- * Avoid valgus load
- * Passive extension with heel on bolster
- *Brace on at all times through week 12**

WEEKS 2-6 *Brace on with all exercises. ROM may be open during PT and HEP

- * Passive terminal extension (40° - 0°) / Active flexion to limits below
- * Quadriceps re-education (electrical stim, biofeedback).
- * Hamstring and hip progressive resistance exercises within WB restriction, OKC okay
- * Isometrics at 60° flexion / Straight leg raises / Quad Sets / SAQ (SAQ in open chain) / TKE
- * Patellar mobilization
- * Weight bearing: remain limited – up to 20lbs with brace locked at zero degrees with ambulation. May unlock brace at rest and increase WBAT with crutches over weeks 4 to 6 as pain allows and quad function improves.
- * Cryotherapy
- * May begin leg press in short arc at week 4
- * May walk in brace on Alter-G with 10% of body weight
- * Goals: 90° flexion by end week 4
110° flexion by end week 6
- *Brace on at all time through week 12 – continue crutches through week 6**

WEEKS 6-12

May change to small brace at this point

- Begin squat/step program, CKC strength
- Begin proprioception program
- Begin quadriceps isotonic with proximal pad in 90° - 40° arc
- Leg press in 90° - 40° arc - start with eccentrics.
- Closed chain quadriceps strengthening in 90 deg arc as tolerated (leg press, wall slides, squat, RDL)
Hip Strengthening
- Hamstring (isometric only at knee), Adductor, Achilles strengthening
- Hamstring, Achilles Tendon stretching
- Patellar Mobilization
- Anti-Inflammatory Modalities
- Stationary bike - minimal resistance up to 20 minutes (start with short crank)
- **Brace on at times through week 12**



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WEEKS 12-20

- Quadriceps isotonic - full arc for closed chain.
- Begin CKC strength program – Squat, deadlift, RDL, etc.
- OK to jog on treadmill (forward) & slow retrostep if symmetric eccentric step down
- Continue soft tissue mobilization of lumbar spine, hip / pelvic complex, and LE musculature
- Maintain and increase thoracic spine mobility
- May begin slow frontal plane motion, exercises and footwork.
- Jump rope can begin, no higher
- Continue bike

WEEKS 20+

- Full arc progressive resistance exercises - emphasize quads and glutes
- Agility drills
- Continue CKC strength
- Progress running program - cutting
- Isokinetic test at 60°/second, 180°/second, 240°/second
- Sport specific drills, non-contact. Full return not before 6 months

Frequency & Duration: (circle one) 1-2 2-3 x/week for _____ weeks

**Please send progress notes.

Physician's Signature: _____ **M.D.**