



KNEE MEDIAL COLLATERAL LIGAMENT (MCL) REPAIR/RECONSTRUCTION POST-OPERATIVE GUIDELINES

PHASE I: 0-2 WEEKS POSTOPERATIVE

GOALS:

- Pain/effusion control
- Good quad control

Crutches – Partial weight bearing (PWB) in brace (no more than 50% of body weight)

EXERCISES:

- Calf pumping
- AAROM, AROM 0-90 degrees
- Passive extension with heel on bolster or prone hangs
- Electrical stimulation in full extension with quad sets and SLR
- Quad sets, Co-contractions quads/hams Straight leg raise (SLR) x 3 on mat in brace –
No ADDUCTION
- Short arc quads
- No stationary bike x 6 weeks
- Ice pack with knee in full extension after exercise

PHASE II: 2-4 WEEKS POSTOPERATIVE

GOALS:

- ROM 0-100 degrees
- No extensor lag

AMBULATION AND BRACE USE:

- Brace x 8 weeks – Open to 0-45 degrees Crutches – PWB in brace

EXERCISES:

- Continue appropriate previous exercises
- Scar massage when incision healed
- AAROM, AROM 0-90 degrees only
- SLR x 3 on mat, no brace if good quad control – No ADDUCTION
- Double leg heel raises
- No stationary bike x 6 weeks
- Stretches – Hamstring, Hip Flexors, ITB



PHASE III: 4-6 WEEKS POSTOPERATIVE

GOALS:

- ROM 0-120 degrees
- No effusion

AMBULATION AND BRACE USE:

- Brace x 8 weeks – Open to 0-90 degrees Crutches – WBAT in brace

EXERCISES:

- Continue appropriate previous exercises AAROM, AROM 0-120 degrees
- Standing SLR x 3 with light Theraband bilaterally – May begin Hip ADD with Theraband if good LE control in full extension
- Leg press 0-45 degrees with resistance up to 1/4 body weight
- Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)
- No stationary bike x 6 weeks

PHASE IV: 6-8 WEEKS POSTOPERATIVE

GOAL: Full ROM

AMBULATION AND BRACE USE:

- Brace – Open to full range
- Crutches – WBAT, D/C crutch when gait is normal

EXERCISES:

- Continue appropriate previous exercises
- PROM, AAROM, AROM to regain full motion Standing SLR x 4 with light Theraband bilaterally Wall squats 0-45 degrees
- Leg press 0-60 degrees with resistance up to 1/2 body weight
- Hamstring curls through full range – Carpet drags or rolling stool
- Forward, lateral and retro step downs in parallel bars
- No knee flexion past 45 degrees (small step) Proprioceptive training – Single leg standing in parallel bars
- Double leg BAPS for weight shift
- Single leg heel raises
- Treadmill – Forwards and backwards walking Stationary bike – Progressive resistance and time
- Elliptical trainer



PHASE V: 8-12 WEEKS POSTOPERATIVE

GOAL: Walk 2 miles at 15min/mile pace

BRACE USE: D/C brace

EXERCISES:

- Continue appropriate previous exercises with progressive resistance
- Leg press 0-90 degrees with resistance as tolerated
- Hamstring curls on weight machine
- Knee extension weight machine
- Forward, lateral and retro step downs (medium to large step)
- Proprioceptive training – Single leg BAPS, ball toss and body blade
- Treadmill – Walking progression program Stairmaster – Small steps
- Pool therapy

PHASE VI: 3-4 MONTHS POSTOPERATIVE

GOAL: Run 2 miles at an easy pace

EXERCISES:

- Continue appropriate previous exercises
- Slide board
- Functional activities – Figure 8s, gentle loops, large zigzags
- Treadmill – Running progression program Pool therapy – Swimming laps
- Quad stretches

PHASE VII: 4-6 MONTHS POSTOPERATIVE

GOAL: Return to all activities

EXERCISES:

- Continue appropriate previous exercises Agility drills / Plyometrics
- Running progression to track
- Transition to home / gym program
- No contact sports until 6 months post-op**