

## MCL RECONSTRUCTION PROTOCOL

	Postoperative Weeks					Postop Months			
	1-2	3-4	5-6	7-8	9-12	4	5	6	7-12
<b>Brace:</b> Bledsoe 0° locked Custom medial unloader	X	X	X	X	X	X	X	X	X
<b>Range of motion minimum goals:</b> 0°-90° 0°-110° 0°-120° 0°-130°	X	X	X	X					
<b>Weight bearing:</b> None Toe touch - 1/4 body weight 1/4 to 1/2 body weight Full	X	X	X	X					
<b>Patella mobilization</b>	X	X	X	X	X				
<b>Modalities:</b> Electrical muscle stimulation (EMS) Pain/edema management (cryotherapy)	X	X	X	X	X	X	X	X	X
<b>Stretching:</b> Hamstring, gastroc-soleus, iliotibial band, quadriceps	X	X	X	X	X	X	X	X	X
<b>Strengthening:</b> Quad isometrics, straight leg raises Active knee extension Closed-chain: gait retraining, toe raises, wall sits, mini-squats Knee flexion hamstring curls (90°) Knee extension quads (90°-30°) Hip abduction-adduction, multi-hip Leg press (70°-10°)	X	X	X	X	X	X	X	X	X
<b>Balance/proprioceptive training:</b> Weight-shifting, mini-trampoline, BAPS, BBS, plyometrics					X	X	X	X	X
<b>Conditioning:</b> UBC Bike (stationary) Aquatic program Swimming (kicking) Walking Stair climbing machine Ski machine		X	X	X	X	X	X	X	X
<b>Running:</b> straight									X
<b>Cutting:</b> lateral carioca, figure 8's									X
<b>Full sports</b>									X

BAPS = Biomechanical Ankle Platform System (Camp, Jackson, MI), BBS = Biodex Balance System (Biodex Medical Systems, Inc, Shirley, NY), UBC = upper body cycle (Biodex Medical Systems, Inc, Shirley, NY).