

## REHABILITATION PROTOCOL: MEDIAL COLLATERAL LIGAMENT RECONSTRUCTION

### □ Phase 1 (Weeks 0-6)

- Weight bearing: Partial weight bearing in brace
- Hinged knee brace
  - Locked in full extension for ambulation and sleeping (weeks 0-2)
  - Unlocked 0-90° for ambulation, remove for sleeping
- Range of motion:
  - Weeks 0-2: 0-45°
  - Weeks 2-6: Advance slowly 0-90°
- Therapeutic exercises
  - Quad and hamstring sets and ankle pumps
  - Straight leg raise with brace in full extension until quad strength prevents extension lag
  - Side-lying hip and core
  - Hamstring avoidance until 6 weeks post-op

### □ Phase 2 (Weeks 6-12)

- Weight bearing: As tolerated, discontinue crutch use at 6 weeks
- Hinged knee brace: Discontinue at 6 weeks if no extension lag
- Range of motion: Advance to full
- Therapeutic exercises
  - Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks
  - Advance hip and core

### □ Phase 3 (Months 3-6)

- Weight bearing: Full
- Range of motion: Full and painless
- Therapeutic exercises
  - Begin stairmaster, elliptical, and running straight ahead at 12 weeks
  - 4 months: Begin jumping
  - 5 months: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills

### □ Phase 4 (Months 6+)

- Maintain strength, endurance and function—initiate plyometric program
- Begin cutting exercises and sports specific drills
- Return to sports as tolerated