

Medial Collateral Ligament Injury

Phase I: Weeks 1-2

- Initiate PT
- JROM brace locked in extension for 2 weeks while up, use crutches, but may weight bear as tolerated. May remove for PT and shower.
- NSAJD's, Ice, and Modalities for pain and swelling as needed.
- Easy stationary bike for range of motion (ROM).
- Start quad sets, straight leg raises (SLR's), and calf raises. Start gentle ROM as tolerated.
- NO Valgus stress or open chain exercises for 6 weeks! NO Inside leg raises
- When working on adductors, stress point should be superior to knee or work them in functional position later in progression

Phase II: Week 3

- May unlock brace/immobilizer during this week depending on comfort Start functional brace as needed
- Bike, leg press, step-up, step down as tolerated May start stairmaster and leg curl as tolerated Multi-hip adduction OK with pad above knee Proprioception/Balance activities as tolerated

Phase III: Weeks 4

- Manual therapy and modalities as needed
- Add smith press and progressive resistance exercises as tolerated Initiate low-level progressing to intermediate functional agility exercises Slow jog only

Phase IV: Weeks 5-6

- Focus on function and continue strengthening
- Progress to fast jogging, running, then sprinting and functional agility drills as tolerated Begin sport specific activities: cutting, sprinting, and jumping

- May return to sport if above is completed without discomfort, usually 5-6 weeks
Continue hinged brace for contact activities