

MCL Injury: Non-Operative

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 1-2 HEP daily	Decrease pain/inflammation Early protected ROM Prevent quadriceps atrophy Patient education	Crutches (PRN): WBAT Hinge knee brace (PRN) Avoid Valgus load and ER lower leg Pain-free ROM	ROM: PROM and AAROM Strengthening: initially isometrics then progress Modalities PRN
Weeks 2-3 HEP daily	Full pain-free ROM Restore strength Ambulate without crutches	Crutches (PRN): WBAT Hinge knee brace (PRN) Avoid Valgus load and ER lower leg Pain-free ROM	Continue and advance ROM and strengthening Emphasize closed chain exercises Proprioception training Endurance work
Weeks 3-6 HEP daily	Full strength and ROM Gradual increase to full activity level	Pain-free activities	Continue flexibility, strengthening and proprioception training Initiate sport/activity specific activity drills

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