MEDIAL COLLATERAL LIGAMENT (MCL) RECONSTRUCTION
POST-OP REHABILITATION PROTOCOL

Make sure to schedule an appointment to see Michael Rabago PA-C 10 days after surgery, if you do not have a follow-up yet please call the office at (602) 324-0618 for our medical assistant or call (602) 667-7964 for Melissa our surgery scheduler. Please be sure to bring your surgical pictures with you to your first post op visit. Follow the instructions that you received from Dr. Brown's office, if there is any confusion please contact us via email: info@leahbrownmd.com

The following is a protocol for postoperative patients following MCL reconstruction. The primary goal of this protocol is to protect the reconstruction while steadily progressing towards and ultimately achieving pre-injury level of activity. Please note this protocol is a guideline. Achieving the criteria of each phase should be emphasized more than the approximate duration.

PHASE I: 0-2 WEEKS POSTOPERATIVE GOALS:

• Pain/effusion control
• Good quad control AMBULATION, DRESSING, AND BRACE USE: Dressing – Follow Post-op Dressing changes as indicated on our Knee Reconstruction Post-op hand out
Brace x 2 weeks – Locked in extension for ambulation Crutches
– Partial weight bearing (PWB) in brace (no more than 50% of body weight) beyond 2 weeks the ROM will be adjusted by your Surgeon
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 ADD 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 0-90 degrees
•No extensor lag
EXERCISES:
–Continue appropriate previous exercises Scar massage when incision healed AAROM, AROM 0-90 degrees only
Total Gym for ROM (level 1-3)
Passive flexion to 90 degrees (push up with opposite leg) SLR x 3 on mat, no brace if good quad control
–No ADD 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 – PWB 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 Total Gym (level 3-5)
– Mini squats 0-45 degrees
– Passive flexion to 90 degrees (push up with opposite leg) Leg press 0-45 degrees with resistance up to ¼ 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
– Weight bearing as tolerated(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 ½ 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
– Grid exercises Continued on following page 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 Fitter 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 Sit-up progression Running progression to track Transition to home / gym program
-No contact sports until 6 months post-op