

MCL Grade I Sprain Rehabilitation Program
(Interstitial tearing with no laxity with valgus testing)

The Gundersen Health System Sports Medicine MCL Grade I Sprain Rehabilitation Program is an evidence-based and soft tissue healing dependent program allowing patients to progress to vocational and sports-related activities as quickly and safely as possible. Individual variations will occur depending on patient tolerance and response to treatment. Patients can progress to full activities as tolerated usually in 1-2 wks. Please contact us at 1-800-362-9567 ext. 58600 if you have questions or concerns.

Phase I: 0-1 weeks	Phase II: 1-2 weeks	Phase III: 2 weeks+
Goals: Minimize valgus stress Diminish pain and inflammation Gradual return of ROM Initiate strengthening and proprioceptive exercises	Goals: Minimize valgus stress Diminish pain and inflammation Full return of ROM Restore full strength Gradually progress fxn activities	Goals: Return to pre-injury activity level with no pain or c/o instability
ROM: No restrictions. Per patient tolerance	ROM: Full with no limitations	ROM: Full with no limitations
WB: WBAT	WB: Full with no limitations	WB: Full with no limitations
Brace: Possible use of a Double upright brace	Brace: Possible use of a Double upright brace	Brace: Possible use of a Double upright brace
Modalities: Cryotherapy IFC for pain if needed	Modalities: Cryotherapy	Modalities: Cryotherapy
RX: Recommendations: Progress per patient tolerance Bike with resistance Elliptical Runner / Stairmaster Flexibility exercises PROM / AROM per tolerance Biofeedback QS, SLR, CKC knee extension Hamstrings isotonic Quadriceps isotonic Hip 4 way SLR Heel raises CKC exercises- leg press, step-ups, FW lunges, squats Total leg strengthening Balance / Proprioception Perturbation training CV conditioning Core stability training Upper body exercises Updated 2/2007	RX: Recommendations: Progress per patient tolerance Bike with resistance Elliptical Runner / Stairmaster Flexibility exercises Biofeedback SLR, CKC knee extension Hamstring isotonic Quadriceps isotonic Isokinetic quadriceps/hamstrings Hip 4 way SLR Heel raises CKC exercises – leg press, step-ups, FW and lateral lunges, squats Total leg strengthening Functional strengthening Lateral movements – sideshuffles, euroglide Balance / Proprioception Perturbation training Return to running / Plyometrics / Agility exercises / Sport-specific exercises if 75% strength CV / Core stability training	RX: Recommendations: Progress per patient tolerance Bike with resistance Elliptical Runner / Stairmaster Running program if 75% strength Flexibility exercises Total leg strengthening Isotonic/Isokinetic OKC and CKC Functional strengthening Balance / Proprioception Perturbation training Plyometrics / Agility exercises / Sport-specific exercises if 75% strength <u>CV / Core stability training</u> Testing 1-3 wks Linea / Biodex Test FXN Test when appropriate Return to Work/Sport No pain or effusion Full ROM Isokinetic Strength- 90% Functional Tests – 90% MD approval Double Upright brace

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MCL Sprain References

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