# MCL Grade II Sprain 2+ Instability (Unstable) Rehabilitation Program

(1-5mm laxity at 0 deg valgus testing and 5-10mm laxity at 30 deg valgus with soft end)

The Gundersen Health System Sports Medicine MCL Grade II Sprain 2+ Instability (Unstable) Rehabilitation Program is an evidence-based and soft tissue healing dependent program that allows 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. **Femoral tears** may move along quicker with ROM based on end feel to valgus stress testing as there is a higher tendency for joint stiffness. Patients usually return to full activities in 6-8 wks. Please contact us at 1-800-362-9567 ext. 58600 if you have questions or concerns.

<table>
<thead>
<tr>
<th>Phase I: 0-3 weeks</th>
<th>Phase II: 3-6 weeks</th>
<th>Phase III: 6 weeks+</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ROM:</strong> Drop lock brace wk 0-2: 30-90 wk 2-3: 20-110 wk 3-4: 10-110 Progression may be modified based on end feel and knee alignment.</td>
<td><strong>ROM:</strong> Drop lock brace wk 3-4: 10-110 wk 4-5: 0-120 wk 5-6: Full ROM, Switch to double upright brace with 10 degree extension stop</td>
<td><strong>ROM:</strong> Double upright brace Full ROM</td>
</tr>
<tr>
<td><strong>WB:</strong> wk 0-1: NWB wk 1-2: 25% wk 2-3: 50%-75%</td>
<td><strong>WB:</strong> wk 3-4: 100% with crutches wk 4: D/C crutches if good quad control / normal gait pattern</td>
<td><strong>WB:</strong> Full with no limitations</td>
</tr>
<tr>
<td><strong>Modalities:</strong> Cryotherapy Pulsed US IFC for pain/effusion NMES quadriceps</td>
<td><strong>Modalities:</strong> Cryotherapy Pulsed US IFC for pain/effusion NMES quadriceps</td>
<td><strong>Modalities:</strong> Cryotherapy</td>
</tr>
<tr>
<td><strong>RX:</strong> Recommendations: PROM / AAROM / AROM to tolerance per ROM guidelines. Encourage ROM to facilitate scar remodeling and allow MCL healing Bike light resistance Cross friction massage Flexibility exercises Biofeedback QS, SLR, CKC knee extension per ROM M&lt;1 Quads/Hams 10, 30, 50, 70, 90 deg Hamstrings isotonics per ROM Quadriceps isotonics per ROM Total leg strengthening Hip 4 way SLR (proximal pad placement for Hip Adduction) CKC exercises- leg press, step-ups, FW lunges, squats, heel raises Balance / Proprioception Perturbation training CV conditioning Core stability training Upper body exercises</td>
<td><strong>RX:</strong> Recommendations: PROM / AAROM / AROM Bike with resistance Elliptical Runner / Stairmaster Cross friction massage Flexibility exercise Biofeedback SLR, CKC knee extension Hamstring isotonics Quadriceps isotonics Isokinetic quadriceps/hamstrings Hip 4 way SLR (proximal pad placement for Hip Adduction) Heel raises CKC exercises – leg press, step-ups, FW and lateral lunges, squats Total leg strengthening Functional strengthening Core stability training Balance / Proprioception Perturbation training Lateral movements – sideshuffles, euroglide 3 wks Return to running if 75% strength 4 wks Plyometrics / Agility and Sport-specific exercises if 75% strength</td>
<td><strong>RX:</strong> Recommendations: Bike with resistance Elliptical Runner / Stairmaster Running program if 75% strength Flexibility exercises Isotonic quadriceps/hamstrings Isokinetic quadriceps/hamstrings Hip strengthening CKC exercises Total leg strengthening Functional strengthening Balance / Proprioception Perturbation training Core stability training Plyometrics / Agility and Sport-specific exercises if 75% strength</td>
</tr>
<tr>
<td><strong>Testing</strong> 3-4 wks Linea / Biodex Test FXN Test when appropriate <strong>Return to Work/Sport</strong> No pain or effusion Full ROM Isokinetic Strength- 90% Functional Tests – 90% MD approval Brace for athletic activities</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Updated 2/2007
MCL Sprain References


