

MCL Grade III Sprain Rehabilitation Program

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

The Gundersen Lutheran Sports Medicine MCL Grade III Sprain Rehabilitation Program is an evidence-based and soft tissue healing dependent program which allows patients to progress to vocational and sports-related activities as quickly and safely as possible. **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. Individual variations will occur depending on patient tolerance and response to treatment. Patients usually return to full activities in 10-12 wks. Please contact us at 1-800-362-9567 ext. 58600 if you have questions or concerns.

Phase I: 0-4 wks	Phase II: 4-6 wks	Phase III: 6 wks+
<p>ROM: 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 to valgus tests</p>	<p>ROM: Drop lock brace wk 4-5: 0-120 wk 5-6: Switch to double upright brace with 10 ext stop</p>	<p>ROM: Double upright brace 10 deg stop, remove stop at 8 wks 8 wks D/C brace for ADL's, Full ROM with no limitations Goal of full ROM by 6-8 wks</p>
<p>WB: wk 0-1: NWB wk 1-2: 25% wk 2-3: 50%-75% wk 3-4: 100% with crutches</p>	<p>WB: wk4: D/C crutches if good quad control / normal gait pattern</p>	<p>WB: Full with no limitations</p>
<p>Modalities: Cryotherapy Pulsed US IFC for pain/effusion NMES quadriceps</p>	<p>Modalities: Cryotherapy Pulsed US IFC for pain/effusion NMES quadriceps</p>	<p>Modalities: Cryotherapy</p>
<p>RX: <u>Recommendations:</u> Exercises in ROM guidelines to allow healing of MCL Bike w/ no resistance per ROM Flexibility exercises PROM / AAROM / AROM per tolerance per ROM guidelines Encourage ROM activities to facilitate scar remodeling Cross friction massage Biofeedback QS, SLR, CKC knee extension per ROM M<l Quads/Hams 30, 50, 70, 90 deg Hamstrings isotonics per ROM Quadriceps isotonics per ROM Total leg strengthening Hip 3 way SLR (avoid adduction) CKC exercises per WB - sub-max leg press, CKC knee extension per ROM Balance / Proprioception per WB avoid frontal plane stresses CV conditioning Core stability training Upper body exercises</p>	<p>RX: <u>Recommendations:</u> Exercises in ROM guidelines to allow healing of MCL Bike with resistance 5 wks Elliptical Runner Flexibility exercise PROM / AAROM / AROM per tolerance per ROM guidelines Biofeedback SLR, CKC knee extension per ROM Hamstring isotonics per ROM Quadriceps isotonics per ROM Isokinetic quadriceps/hamstrings Hip 4 way SLR (proximal pad placement for Hip Adduction) Heel raises CKC exercises – leg press, step-ups, squats, partial forward lunges Total leg strengthening Functional strengthening Balance / Proprioception per WB gradual frontal plane stresses Perturbation training CV conditioning Core stability training Updated 2/2007</p>	<p>RX: <u>Recommendations:</u> Bike with resistance Elliptical Runner / Stairmaster Flexibility exercises Isotonic quadriceps/hamstrings Isokinetic quadriceps/hamstrings Hip strengthening Heel raises CKC exercises Total leg strengthening Functional strengthening Balance/Proprioception/Perturbation 6 wks Lateral movements – sideshuffles, euroglide 8 wks Return to running if 75% strength 10 wks Plyometrics / Agility and Sport-specific exercises if 75% strength <u>CV conditioning / Core stability</u> Testing 8-12 wks Linea / Biodex Test FXN Test when appropriate <hr/> Return to Work/Sport No pain or effusion Full ROM Isokinetic Strength- 90% Functional Tests – 90% MD approval Brace for athletics/ vocational activities until 12-16 wks</p>

MCL Sprain References

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