

**MEDIAL COLLATERAL LIGAMENT RECONSTRUCTION PROTOCOL****Name:** \_\_\_\_\_**Diagnosis:** \_\_\_\_\_**Date of Surgery:** \_\_\_\_\_

Frequency: 1 2 3 4 times / week      Duration: 1 2 3 4 5 6 Weeks

\_\_\_\_ Weeks 0-2:

- Toe touch weight bearing with crutches
- Brace set from 0-90 degrees and wearing at all times except personal bathing
- PROM → AAROM → Transition to AROM as tolerated from 0-90 degrees
- Heel slides, quad sets, patellar mobs, ankle pumps, straight leg raises

\_\_\_\_ Weeks 2-6:

- Continue exercises from weeks 0-2
- D/c crutches and transition to full weight bearing
- Continue brace but open up to allow full ROM
- Focus on regaining full extension; goal ROM 0-125+ degrees
- Continue to transition to full AROM program

\_\_\_\_ Weeks 7-12:

- D/c brace
- Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch
- Leg press and lunges (start initially with body weight only)
- Mini-squats, weight shifts, initiate step up program
- Advance closed chain strengthening and bike exercises
- Normalize gait pattern
- Progressive squat program
- Initiate step down program
- Proprioceptive training

\_\_\_\_ Months 3-4:

- Begin forward running in straight line
- Initiate cutting/pivoting maneuvers after patient can comfortably jog/start/stop
- Progress strengthening and flexibility exercises

\_\_\_\_ Months 4+:

- Start plyometric exercises
- Start sports specific agility program

Signature \_\_\_\_\_

Date: \_\_\_\_\_