

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; continue brace at all times except for bathing/PT
- Continue TTWB through week 6
- Continue brace but open up to allow full ROM
- Focus on regaining full extension; no ROM restrictions
- Continue to transition to full AROM program

____Weeks 7-12:

- D/c brace and transition to WBAT in gradual fashion
- 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 3-6:

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

____Months 4-6+:

- Start plyometric exercises
- Start sports specific agility program

Signature _____

Date: _____