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Date of Surgery:

Post-Operative Rehabilitation Protocol:

MEDIAL COLLATERAL LIGAMENT (MCL) RECONSTRUCTION/ REPAIR POST-OP REHABILITATION PROTOCOL

The following is a protocol for postoperative patients following ACL reconstruction. The primary goal of this protocol is to protect the reconstruction while steadily progressing towards and ultimately achieving pre-injury level of activity. Please note this protocol is a guideline. Achieving the criteria of each phase should be emphasized more than the approximate duration.

PHASE I: 0-2 WEEKS POSTOPERATIVE

GOALS:

- Pain/effusion control
- Good quad control

AMBULATION, DRESSING, AND BRACE USE:

POD 3- dressings removed. Leave steristrips in place
Brace x 8 weeks – Locked in extension for ambulation
Crutches – Partial weight bearing (PWB) in brace
(no more than 50% of body weight)

EXERCISES:

Calf pumping
AAROM, AROM 0-90 degrees
Passive extension with heel on bolster or prone hangs
Electrical stimulation in full extension with quad sets and SLR
Quad sets, Co-contractions quads/hams
Straight leg raise (SLR) x 3 on mat in brace – No ADD
Short arc quads
No stationary bike x 6 weeks
Ice pack with knee in full extension after exercise

PHASE II: ~2-4 WEEKS POSTOPERATIVE

GOALS:

- ROM 0-90 degrees
- No extensor lag

AMBULATION AND BRACE USE:

Brace x 8 weeks – Open to 0-45 degrees

Crutches – PWB in brace

EXERCISES:

Continue appropriate previous exercises

Scar massage when incision healed

AAROM, AROM 0-90 degrees only

Total Gym for ROM (level 1-3)

– Passive flexion to 90 degrees (push up with opposite leg)

SLR x 3 on mat, no brace if good quad control – No ADD

Double leg heel raises

No stationary bike x 6 weeks

Stretches – Hamstring, Hip Flexors, ITB

PHASE III: ~4-6 WEEKS POSTOPERATIVE

GOALS:

- ROM 0-120 degrees
- No effusion

AMBULATION AND BRACE USE:

Brace x 8 weeks – Open to 0-90 degrees

Crutches – PWB in brace

EXERCISES:

Continue appropriate previous exercises

AAROM, AROM 0-120 degrees

Standing SLR x 3 with light Theraband bilaterally

– May begin Hip ADD with Theraband if good LE control in full extension

Leg press 0-45 degrees with resistance up to ¼ body weight
Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)

PHASE IV: ~6-8 WEEKS POSTOPERATIVE

GOAL: Full ROM

AMBULATION AND BRACE USE:

Brace – Open to full range

Crutches – Weight bearing as tolerated(WBAT), D/C crutch when gait is normal

EXERCISES:

Continue appropriate previous exercises

PROM, AAROM, AROM to regain full motion

Standing SLR x 4 with light Theraband bilaterally

Wall squats 0-45 degrees

Leg press 0-60 degrees with resistance up to ½ body weight

Hamstring curls through full range – Carpet drags or rolling stool

Forward, lateral and retro step downs in parallel bars

– No knee flexion past 45 degrees (small step)

Proprioceptive training – Single leg standing in parallel bars

– Double leg BAPS for weight shift

Single leg heel raises

Treadmill – Forwards and backwards walking

Stationary bike – Progressive resistance and time

Elliptical trainer

PHASE V: ~8-12 WEEKS POSTOPERATIVE

GOAL: Walk 2 miles at 15min/mile pace

BRACE USE: D/C BRACE

EXERCISES:

Continue appropriate previous exercises with progressive resistance

Leg press 0-90 degrees with resistance as tolerated

Hamstring curls on weight machine

Knee extension weight machine

Forward, lateral and retro step downs (medium to large step)

Proprioceptive training – Single leg BAPS, ball toss and body blade

– Grid exercises

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Treadmill – Walking progression program

PHASE VI: ~3-4 MONTHS POSTOPERATIVE

GOAL: Run 2 miles at an easy pace

EXERCISES:

Continue appropriate previous exercises

Fitter

Slide board

Functional activities – Figure 8s, gentle loops, large zigzags

Treadmill – Running progression program

Pool therapy – Swimming laps

Quad stretches

PHASE VII: ~4-6 MONTHS POSTOPERATIVE

GOAL: Return to all activities

EXERCISES:

Continue appropriate previous exercises

Agility drills / Plyometrics

Sit-up progression

Running progression to track

Transition to home / gym program

No contact sports until 6 months post-op