

MCL Injury Protocol 1 (Grade I Injury)

- A. Phase I (≈0-10 days)
 - Restore ROM
 - Decrease pain and inflammation
 - 1. Gait: WBAT
 - 2. ROM work to tolerance
 - 3. Frequent cryotherapy and modalities as indicated
 - 4. Bracing: Physician directed
 - 5. Exercise
 - a. General ROM and flexibility work
 - b. Progressive OKC, CKC, balance/proprioceptive, hip and core work
 - c. Non-impact cardio
- B. Phase II (≈10 days – 3 weeks)
 - Progressive strength
 - 1. Continue modalities and cryotherapy as needed
 - 2. Interval jog to run program
 - 3. Progressive agilities, jump to hop progression, plyometrics
- C. Phase III (≈2-4 weeks)
 - Return to sport
 - 1. Sport specific progression
 - 2. Protective bracing – physician directed