

MCL Injury Protocol 2 (Grade II-III Injury)

- A. 0-2 weeks post-injury
 - 1. Gait: WBAT with locked IROM brace
 - 2. Bracing: IROM brace locked at 30°, removed for careful bathing and exercise. Avoid Valgus loads when brace is off.
 - 3. Frequent cryotherapy and modalities as indicated
 - 4. Exercise
 - a. A-AA-PROM restricted ROM of 0-60°
 - b. Brace locked at 30°:
 - Stretching, Leg lifts (multiple planes), Isometrics,
 - Balance/proprioceptive work
 - Core, hip
- B. 2-4 weeks post-injury
 - 1. Bracing: Open from -20-80°
 - 2. Continue modalities and cryotherapy as needed
 - 3. Exercise
 - a. A-AA-PROM from 0-100°
 - b. Braced (-20-80°):
 - Progressive OKC, CKC, balance/proprioceptive work
 - Progressive hip and core
- C. 4-6 weeks post-injury
 - 1. Bracing: Open to allow full ROM, but continue use to protect against valgus loads
 - 2. Continue modalities and cryotherapy as needed
 - 3. Exercise
 - a. Work to regain full ROM
 - b. Introduce non-impact cardio
- D. 6 weeks post-injury
 - 1. Bracing:
 - Wean IROM as valgus load testing indicates sufficient stability
 - Consider sport specific bracing if applicable
 - 2. Exercise
 - a. Interval jog to run program
 - b. Progressive agility, plyometric, and footwork drills
- E. ≈ 7 or 8 weeks post-injury: Sport specific activities and mainstreaming
- F. ≈ 8 -12 weeks post-injury: Return to sport, physician directed