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MCL Non-operative Rehab Protocol

Goals:

Pain free
Full strength
Good quad control, proprioception
Normal gait
Brace
Return to Play: Must individualize
Non-op: 3-10 weeks
Post-op: Determined by ligaments reconstructed

Grade I: Treat symptomatically, no restrictions
Grade II: May brace for sport that season
Grade III: Hinged Brace with 0-30 degree x 2-3 weeks, then increase 5-10 degrees at a time using pain as a guide. Progress WB ROM with brace. Brace for sports. No valgus or external rotation

Criteria for Return to Sport: Full ROM, no swelling, no pain, functional activities without pain.