



University of Delaware  
 Physical Therapy Clinic  
 Newark, DE 19716  
 (302) 831-8893

**Rehab Practice Guidelines for:  
 Grade 1 MCL**

- Assumptions:** 1. Grade 1 MCL sprain  
 2. No confounding injuries (ie ACL, PCL, meniscus)

Primary surgery: None  
 Secondary surgery (possible): None

Precautions: None

Expected # of visits: 3-4

| <b><u>Week 1</u></b>  | <b>Treatment</b>  | <b>Milestones</b>  |
|-----------------------|---|--|
| FWB<br>ROM full       | <u>First visit:</u><br>OKC 90-15°<br>Hamstring curl<br>Agility drills (A/P shuffling)50%<br>Modalities for pain management<br><br><u>Second visit:</u><br>perturbation (A/P) bilateral stance<br>Agility drills 50%-65%<br>Modalities for pain management | If able to tolerate A/P shuffling without increased pain then progress to cutting activities<br>If full ROM and tolerating activities without increase in pain then progress to week 2 |
| <b><u>Weeks 2</u></b> |   |  |
| TOTAL VISITS      3-4 | Continue strengthening<br>Leg press 10-70°<br>Agility drills 75%-100%<br>Wall squat 10-45°<br>Modalities PRN  | Return to sport if pass functional test: able to perform agility drills at 100% on involved side without increase in pain, able to hop on involved leg without increased pain          |