



University of Delaware
 Physical Therapy Clinic
 Newark, DE 19716
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**Rehab Practice Guidelines for:
 Grade 3 MCL**

Assumptions:

1. Grade 3 MCL sprain
2. No confounding injuries (ie. ACL, PCL, meniscus)

Primary surgery: None

Secondary surgery (possible): MCL reconstruction

Precautions: None

Expected # of visits:10-14

<u>Week 1</u>	Treatment	Milestones
NWB Immobilization 30 ROM 0-70	Isometric quad at 60 NMES if less than 80% SLR PROM Modalities PRN	If tolerating all week 1 activities without increase in pain and ROM 0-70 without pain then progress to week 2. Keep knee immobilized at 30 and NWB for week 1

<u>Weeks 2</u>		
PWB 40% 30 flexion brace ROM 0-90	Easy stationary bike for ROM OKC 90-45 Hamstring Modalities PRN	If tolerating all week 2 activities without increase in pain, ROM 0-90 without pain then progress to week 3 activities. Keep 30 flexion brace on and PWB 40% for week 2
TOTAL VISITS	3-4	

<u>Week 3</u>		
WBAT 70%-100% 30 flexion brace ROM 0-110	OKC 90-15 Modalities PRN	If tolerating all week 3 activities without increase in pain, ROM 0-110, FWB, then progress to week 4 activities

<p><u>Week 4</u></p> <p>FWB ROM full</p>	<p>Tilt board Leg press 15-70 Wall squat 15-45 (feet internally rotated) Proprioceptive training Agility 50% Modalities PRN</p>	<p>If tolerating all week 4 activities without increase in pain, ROM full, then progress to week 5 activities.</p>
<p><u>Week 5</u></p>	<p>Agility 75%</p>	<p>If tolerating all week 5 activities without increase in pain or, agility > 50%, then progress to week 6 activities</p>
<p><u>Week 6</u></p> <p>TOTAL VISITS 12-14</p>	<p>Agility 100%</p>	<p>Return to sport when pass functional test: -able to perform agility at 100%, unilateral hopping, strength greater than</p>