# Rehab Practice Guidelines for:  
**Grade 2 MCL**

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

### Primary surgery:  None  
### Secondary surgery (possible):  None  
### Precautions:  None  
### Expected # of visits:  8-10

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Treatment</th>
<th>Milestones</th>
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| WBAT  | Brace locked at 30°  
ROM 0-90°  
| Isometric quad at 60°, NMES if <80°  
SLR  
Easy stationary bike for ROM  
Modalities for inflammation and pain | If tolerating all week 1 activities without increase in pain or edema, ROM 0-90°, then progress to week 2 |

| Weeks 2 | Stationary bike for ROM/gentle conditioning  
OKC 90-45°  
Hamstring curls  
Modalities PRN | If tolerating all week 2 activities without increase in pain, FWB, ROM 0-110°, then progress to week 3.  
Keep brace locked at 30° for all of second week |

| Week 3 | OKC 90-15°  
Wall squat 10-45°  
Leg press 10-70°  
Stationary bike  
Perturbation (no single leg)  
Agility 50%-65%  
Modalities PRN | If tolerating all week 3 activities without increase in pain, FWB, then progress to week 4 |

| Week 4 | Perturbation  
Mini tramp/proprioception  
Agility 75%-100%  
Modalities PRN | Return to sport if able to pass functional test; perform agility drills at 100%, unilateral hopping, strength >90% |