**Physical Therapy Prescription**

**MCL Reconstruction**

**Patient Name: Date: Surgery Date:**

**Dx: s/p ( LEFT / RIGHT ) MCL RECONSTRUCTION**

**WEEKS 0-2**

\* Brace on at all times – use crutches

\* Passive motion during first two weeks after surgery, limit to 90 degrees

\* Cryotherapy as needed for pain control

\* Straight leg raises and quad sets daily (up to 300-500 reps) in the brace

**\*** Partial weight bearing up to 20lbs to operative leg with brace locked at zero degrees

\* Electrical Stimulation to Quad if poor control (Russian)

\* Avoid valgus load

\* Passive extension with heel on bolster

\***Brace on at all times through week 12**

**WEEKS 2-6 \*Brace on with all exercises. ROM may be open during PT and HEP**

\* Passive terminal extension (40° - 0°) / Active flexion to limits below

\* Quadriceps re-education (electrical stim, biofeedback).

\* Hamstring and hip progressive resistance exercises within WB restriction, OKC okay

\* Isometrics at 60° flexion / Straight leg raises / Quad Sets / SAQ (SAQ in open chain) / TKE

\* Patellar mobilization

\* Weight bearing: remain limited – up to 20lbs with brace locked at zero degrees with ambulation. May unlock brace at rest and increase WBAT with crutches over weeks 4 to 6 as pain allows and quad function improves.

\* Cryotherapy

\* May begin leg press in short arc at week 4

\* May walk in brace on Alter-G with 10% of body weight

\* Goals: 90° flexion by end week 4

 110° flexion by end week 6

\***Brace on at all time through week 12 – continue crutches through week 6**

**WEEKS 6-12**

 **May change to small brace at this point**

* Begin squat/step program, CKC strength
* Begin proprioception program
* Begin quadriceps isotonics with proximal pad in 90° - 40° arc
* Leg press in 90° - 40° arc - start with eccentrics.
* Closed chain quadriceps strengthening in 90 deg arc as tolerated (leg press, wall slides, squat, RDL)

Hip Strengthening

* Hamstring (isometric only at knee), Adductor, Achilles strengthening
* Hamstring, Achilles Tendon stretching
* Patellar Mobilization
* Anti-Inflammatory Modalities
* Stationary bike - minimal resistance up to 20 minutes (start with short crank)
* **Brace on at times through week 12**

**Physical Therapy Prescription**

**MCL****Reconstruction**

**WEEKS 12-20**

* Quadriceps isotonics - full arc for closed chain.
* Begin CKC strength program – Squat, deadlift, RDL, etc.
* OK to jog on treadmill (forward) & slow retrostep if symmetric eccentric step down
* Continue soft tissue mobilization of lumbar spine, hip / pelvic complex, and LE musculature
* Maintain and increase thoracic spine mobility
* May begin slow frontal plane motion, exercises and footwork.
* Jump rope can begin, no higher
* Continue bike

**WEEKS 20+**

* Full arc progressive resistance exercises - emphasize quads and glutes
* Agility drills
* Continue CKC strength
* Progress running program - cutting
* Isokinetic test at 60°/second, 180°/second, 240°/second
* Sport specific drills, non-contact. Full return not before 6 months

**Frequency & Duration:** (circle one) 1-2 2-3 x/week for \_\_\_\_\_ weeks

\*\*Please send progress notes.

**Physician’s Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ M.D.**