

**MCL GRADE II SPRAIN 1+ INSTABILITY (STABLE)**

<b>Phase I: 0-2 weeks</b>	<b>Phase II: 2-4 weeks</b>	<b>Phase III: 4 weeks+</b>
<b>ROM:</b> 10-135	<b>ROM:</b> wk 2: 10-135 Wk 3: 0-135	<b>ROM:</b> Full with no limitations
<b>WB:</b> WBAT	<b>WB:</b> Full with no limitations	<b>WB:</b> Full with no limitations
<b>Brace:</b> Double upright brace with 10 deg ext stop for all WB activities	<b>Brace:</b> Progress to double upright brace with 10 deg ext stop for athletics/vocational activities only at 3-4 weeks	<b>Brace:</b> Double upright brace for athletics/vocational activities until 8 weeks
<b>Modalities:</b> Cryotherapy Pulsed US IFC for pain/effusion NMES quadriceps	<b>Modalities:</b> Cryotherapy Pulsed US IFC for pain/effusion NMES quadriceps	<b>Modalities:</b> Cryotherapy
<p><b>RX: Recommendations:</b> Avoid terminal extension for all exercises to allow healing of MCL (see ROM stated above)</p> <p>Bike with resistance Elliptical Runner</p> <p>Cross friction massage Flexibility exercises PROM / AAROM / AROM per tolerance per ROM stated above</p> <p>Biofeedback QS, SLR, CKC knee extension per ROM M&lt;l Quads/Hams 10, 30, 50, 70, 90 deg Hamstrings isotonic per ROM Quadriceps isotonic per ROM Total leg strengthening Hip 4 way SLR (proximal pad placement for Hip Adduction)</p> <p>Heel raises CKC exercises- leg press, step-ups, FW lunges, squat Balance / Proprioception Perturbation training</p> <p>CV conditioning Core stability training Upper body exercises</p>	<p><b>RX: Recommendations:</b> Bike with resistance Elliptical Runner / Stairmaster</p> <p>Cross friction massage Flexibility exercise PROM / AAROM / AROM</p> <p>Biofeedback SLR, CKC knee extension Hamstring isotonic Quadriceps isotonic Isokinetic quadriceps/hamstrings Hip 4 way SLR (proximal pad placement for Hip Adduction) Heel raises CKC exercises – leg press, step-ups, FW and lateral lunges, squats Total leg strengthening Functional strengthening</p> <p>Lateral movements – sidsuffles, euroglide</p> <p>Balance / Proprioception Perturbation training</p> <p>3 wks Return to running if 75% strength 4 wks Plyometrics / Agility and Sport-specific exercises</p> <p>CV conditioning Core stability training</p>	<p><b>RX: Recommendations:</b> Bike with resistance Elliptical Runner / Stairmaster Running program if 75% strength</p> <p>Flexibility exercises</p> <p>Isotonic quadriceps/hamstrings Isokinetic quadriceps/hamstrings Hip strengthening Heel raises CKC exercises Total leg strengthening Functional strengthening</p> <p>Balance / Proprioception Perturbation training</p> <p>Plyometrics / Agility and Sport-specific exercises if 75% strength</p> <p>CV conditioning Core stability training</p> <hr/> <p><b>Testing</b> 3-4 wks Linea / Biodex Test FXN Test when appropriate</p> <hr/> <p><b>Return to Work/Sport</b> No pain or effusion Full ROM Isokinetic Strength- 90% Functional Tests – 90% MD approval Brace for athletic activities</p>