

**MCL GRADE I SPRAIN**

<b>Phase I: 0-1 weeks</b>	<b>Phase II: 1-2 weeks</b>	<b>Phase III: 2 weeks+</b>
<p><b>Goals:</b> Minimize valgus stress Diminish pain and inflammation Gradual return of ROM Initiate strengthening and proprioceptive exercises</p>	<p><b>Goals:</b> Minimize valgus stress Diminish pain and inflammation Full return of ROM Restore full strength Gradually progress fxn activities</p>	<p><b>Goals:</b> Return to pre-injury activity level with no pain or c/o instability</p>
<p><b>ROM:</b> No restrictions. Per patient tolerance</p>	<p><b>ROM:</b> Full with no limitations</p>	<p><b>ROM:</b> Full with no limitations</p>
<p><b>WB:</b> WBAT</p>	<p><b>WB:</b> Full with no limitations</p>	<p><b>WB:</b> Full with no limitations</p>
<p><b>Brace:</b> Possible use of a Double upright brace</p>	<p><b>Brace:</b> Possible use of a Double upright brace</p>	<p><b>Brace:</b> Possible use of a Double upright brace</p>
<p><b>Modalities:</b> Cryotherapy IFC for pain if needed</p>	<p><b>Modalities:</b> Cryotherapy</p>	<p><b>Modalities:</b> Cryotherapy</p>
<p><b>RX: Recommendations:</b> Progress per patient tolerance</p> <p>Bike with resistance Elliptical Runner / Stairmaster</p> <p>Flexibility exercises PROM / AROM per tolerance</p> <p>Biofeedback QS, SLR, CKC knee extension Hamstrings isotonic Quadriceps isotonic Hip 4 way SLR Heel raises CKC exercises- leg press, step-ups, FW lunges, squats Total leg strengthening</p> <p>Balance / Proprioception Perturbation training</p> <p>CV conditioning Core stability training Upper body exercises</p>	<p><b>RX: Recommendations:</b> Progress per patient tolerance</p> <p>Bike with resistance Elliptical Runner / Stairmaster</p> <p>Flexibility exercises</p> <p>Biofeedback SLR, CKC knee extension Hamstring isotonic Quadriceps isotonic Isokinetic quadriceps/hamstrings Hip 4 way SLR Heel raises CKC exercises – leg press, step-ups, FW and lateral lunges, squats Total leg strengthening Functional strengthening</p> <p>Lateral movements – sideshuffles, euroglide</p> <p>Balance / Proprioception Perturbation training</p> <p>Return to running / Plyometrics / Agility exercises / Sport-specific exercises if 75% strength</p> <p>CV / Core stability training</p>	<p><b>RX: Recommendations:</b> Progress per patient tolerance</p> <p>Bike with resistance Elliptical Runner / Stairmaster Running program if 75% strength</p> <p>Flexibility exercises</p> <p>Total leg strengthening Isotonic/Isokinetic OKC and CKC Functional strengthening</p> <p>Balance / Proprioception Perturbation training</p> <p>Plyometrics / Agility exercises / Sport-specific exercises if 75% strength</p> <p>CV / Core stability training</p> <hr/> <p><b>Testing</b> 1-3 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 Double Upright brace</p>