

Physical Therapy Prescription MCL Repair

Patient Name:

Date:

Surgery Date:

Dx: s/p (LEFT / RIGHT) MCL REPAIR

WEEKS 0-2

- * Brace on at all times – use crutches
- * Passive motion during first two weeks after surgery, limit to 90 degrees
- * Anti-inflammatory modalities to knee daily
- * Cryotherapy
- * Straight leg raises 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
- * Avoid valgus load
- * Passive extension with heel on bolster
- * **Brace on at all times through week 12**

WEEKS 2-6

- * Passive terminal extension (40° - 0°) / Active flexion to limits below
- * Quadriceps re-education (electrical stim, biofeedback).
- * Hamstring and hip progressive resistance exercises.
- * Isometrics at 60° flexion / Straight leg raises
- * Patellar mobilization
- * Weight bearing: remain limited – up to 20lbs with brace locked at zero degrees
- * Cryotherapy
- * 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
- Begin proprioception program
- Cryotherapy
- Begin quadriceps isotonic with proximal pad in 90° - 40° arc
- Leg press in 90° - 40° arc - start with eccentrics.
- Continue closed chain quadriceps strengthening in 90 deg arc (leg press, wall slides)
Hip Strengthening
- Hamstring (isometric only), Adductor, Achilles strengthening
- Hamstring, Achilles Tendon stretching
- Patellar Mobilization
- Anti-Inflammatory Modalities
- Closed chain stationary bike - minimal resistance up to 20 minutes (start with short crank)
- **Brace on at times through week 12**



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WEEKS 12-20

- Quadriceps isotonic - full arc for closed chain. Open chain: 90° - 40° arc.
- Begin functional exercise program
- Isokinetic quadriceps with distal pad
- OK to walk on treadmill (forward) & slow retrostep
- Continue isolated muscle stretching & strengthening
- Continue bike

WEEKS 20+

- Full arc progressive resistance exercises - emphasize quads
- Agility drills
- Advanced functional exercises
- Progress running program - cutting
- Isokinetic test at 60°/second, 180°/second, 240°/second
- Begin running program if quad control present

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

**Please send progress notes.

Physician's Signature: _____ **M.D.**