

MCL GRADE II SPRAIN 2+ INSTABILITY (UNSTABLE)

Phase I: 0-3 weeks	Phase II: 3-6 weeks	Phase III: 6 weeks+
<p>ROM: Drop lock brace wk 0-2: 30-90 wk 2-3: 20-110 wk 3-4: 10-110 Progression may be modified based on end feel and knee alignment.</p>	<p>ROM: Drop lock brace wk 3-4 10-110 wk 4-5: 0-120 wk 5-6: Full ROM, Switch to double upright brace with 10 degree extension stop</p>	<p>ROM: Double upright brace Full ROM</p>
<p>WB: wk 0-1: NWB wk 1-2: 25% wk 2-3: 50%-75%</p>	<p>WB: wk 3-4: 100% with crutches wk4: D/C crutches if good quad control / normal gait pattern</p>	<p>WB: Full with no limitations</p>
<p>Modalities: Cryotherapy Pulsed US IFC for pain/effusion NMES quadriceps</p>	<p>Modalities: Cryotherapy Pulsed US IFC for pain/effusion NMES quadriceps</p>	<p>Modalities: Cryotherapy</p>
<p>RX: Recommendations: PROM / AAROM / AROM to tolerance per ROM guidelines. Encourage ROM to facilitate scar remodeling and allow MCL healing</p> <p>Bike light resistance</p> <p>Cross friction massage Flexibility exercises</p> <p>Biofeedback QS, SLR, CKC knee extension per ROM M<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) CKC exercises- leg press, step-ups, FW lunges, squats, heel raises</p> <p>Balance / Proprioception Perturbation training</p> <p>CV conditioning Core stability training Upper body exercises</p>	<p>RX: Recommendations: PROM / AAROM / AROM Bike with resistance Elliptical Runner / Stairmaster</p> <p>Cross friction massage Flexibility exercise</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 Core stability training Balance / Proprioception Perturbation training Lateral movements – sideshuffles, euroglide</p> <p>3 wks Return to running if 75% strength 4 wks Plyometrics / Agility and Sport-specific exercises if 75% strength</p>	<p>RX: Recommendations: 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 CKC exercises Total leg strengthening</p> <p>Functional strengthening Balance / Proprioception Perturbation training Core stability training</p> <p>Plyometrics / Agility and Sport-specific exercises if 75% strength</p> <p>Testing 3-4 wks Linea / Biodex Test FXN Test when appropriate</p> <p>Return to Work/Sport No pain or effusion Full ROM Isokinetic Strength- 90% Functional Tests – 90% MD approval Brace for athletic activities</p>