

**KNEE MEDIAL COLLATERAL LIGAMENT (MCL)
REHABILITATION PROTOCOL**

General Considerations:

- No valgus stress in open chain for 6 weeks.
- No inside leg raise. Ligament needs time to heal. When working
- adductors stress point should be superior to knee or work them in a functional position later in the progression.
- Generally, immobilizer is D/C at 2 weeks pending physician exam.

Weeks 1 to 2 Post-injury:

- Initiate physical therapy
- Wear immobilizer for 2 weeks following injury, except in PT
- Modalities for pain and swelling as needed.
- Low intensity stationary bike for ROM, QS, SLR, calf raise.
- Gentle ROM

Week 3 Post-injury:

- Manual therapy and modalities as needed. Bike, leg press, step-up, step-down. If tolerated, stairmaster and leg curl.
- Multi-hip adduction above knee.

Weeks 4 Post-injury:

- Manual therapy and modalities as needed. Add Smith press