

Jeffrey Dean, MD
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MEDIAL COLLATERAL LIGAMENT REPAIR / RECONSTRUCTION

(Rehabilitative Guidelines)

Revised January 2003

Post-op Days 1 – 14

No Hip ADD	Dressing – POD 1: Debulk dressing, TED Hose in place
No PROM	– POD 2: Change dressing, keep wound covered, continue TED Hose

No Stationary Bike

- POD 7-10: Sutures out
- D/C TED Hose when effusion is resolved

Brace – locked in extension for ambulation

Crutches – PWB (D/C at 6 weeks)

AAROM, AROM 0-90 degrees

Patellar mobilization (teach patient)

Calf pumping

Passive extension with heel on bolster or prone hangs

Electrical stimulation in full extension with quad sets and SLR

Quad sets, Co-contractions quads/ham

SLR x 3 (parallel bars if poor quad control)

Ice pack with knee in full extension after exercise

Goals – Pain/effusion control, Good quad control

Weeks 2 – 4

No Hip ADD Brace – 0-45 degrees

No PROM **Crutches – PWB**

No Stationary Scar massage when incision healed

Bike AAROM, AROM 0-90 degrees

Begin Total Gym for ROM – Level 1-3

- Passive flexion to 90 degrees (push up with opposite leg)

Passive extension on roll or prone hangs PRN

Electrical stimulation PRN in full extension with quad sets and SLR

3-way SLRs on mat – no resistance

Stretches – HS, AT, Hip Flexors, ITB

Goals – ROM 0-90 degrees, No extensor lag

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Weeks 4 – 6

No PROM Brace – 0-90 degrees
No Stationary Crutches – PWB
Bike Continue appropriate previous exercises
 AAROM, AROM 0-120 degrees
 Standing SLR x 3 with Theraband
 – May begin Hip ADD with Theraband if good LE control in full
 extension
 Total Gym to start closed chain activity
 – Mini squats (level 3-5) – No flexion > 45 degrees
 – Passive flexion to 90 degrees (push up with opposite leg)
 Leg press with light resistance 0-45 degrees
 Hamstring curls 0-45 degrees – closed chain (carpet drags or rolling stool)
 Pool therapy – exercises in sagittal plane only

Goals – ROM 0-120 degrees, No effusion

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Weeks 6 – 8

Brace – unlocked to full range
Crutches – WBAT, D/C crutches when gait is WNL
Continue appropriate previous exercises
PROM, AAROM, AROM through full range
Standing SLR x 4 with light Theraband bilaterally
Partial wall squats – No knee flexion past 45 degrees
Double leg heel raises
Forward, lateral, and retro step ups/downs in parallel bars
– No knee flexion past 45 degrees
Proprioceptive training – single leg standing in parallel bars
– Double leg BAPS for weight shift
– Progress to single leg BAPS, Ball Toss, and Body Blade
Hamstring curls through full range – closed chain
Stationary bike for progressive resistance and time
Stairmaster – low resistance with short steps only
Elliptical trainer
Treadmill – backwards and forwards walking
Pool therapy - unrestricted

Goals - Full ROM

Weeks 8 – 12

D/C brace and crutches
Continue appropriate previous exercises with progressive resistance
HS curls – open chain
Knee extension exercises as tolerated – open chain
Single leg heel raises
Leg press – single leg
Treadmill – Walking progression program

Goals – Walk 2 miles at 15 min/mile pace

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Months 3 – 4

Continue appropriate previous exercises
Functional activities – Fitter, slide board, figure 8s, gentle loops, large zigzags
Treadmill – Running progression program
Pool therapy – Begin swimming laps
Quad stretches

Goals – Run 2 miles at normal pace

Months 4 – 6

Home/gym program
Agility drills / Plyometrics
Sit-up progression
Continue strengthening, stretching, proprioceptive training, and running programs

Goals – Return to all activities, Pass APFT at 6 months post op

No contact sports until 6 months post-op