

MEDIAL COLLATERAL LIGAMENT RECONSTRUCTION REHABILITATION

GENERAL CONSIDERATIONS:

- Patients are initially non-weightbearing for first 2 weeks and will be progressed with your therapist in 2 week increments.
- Patients are to wear Bledsoe Brace locked at 0 degrees for first 4 weeks except for motion exercises that are to be performed 3-4x/daily.
- Early emphasis on achieving full passive terminal extension equal to the opposite side.
- Passive flexion 0-90 degrees for first 4 weeks.
- Regular manual care of the patella, patellar tendon, and portals should be performed to prevent fibrosis.
- All times are approximate with actual progression based upon clinical presentation.
- No **VALGUS STRESS** throughout rehab.

WEEKS 1-4:

- Gait training, pain and edema control, and muscle stimulation as needed for quadriceps recruitment.
- Non-weightbearing with Bledsoe brace locked at 0 degrees.
- Ankle pumps, quad sets, and leg raises into flexion only.
- PROM 0-90 degrees, patella mobilizations, edema control
- Well-leg stationary bike and UBE for cardiovascular. Upper body weight machines and trunk exercises.

WEEKS 4-6:

- Partial (25%) weight bearing when: Pain controlled, ROM 0-100 degrees, muscle control through this ROM
- Straight leg raises (add ankle weight, not to exceed 10% of body weight)
- Submaximal quad multi-angle (30, 60, 90 degrees) and gluteal isometrics.
- Standing calf and hip exercises.
- Closed chain mini squats

WEEKS 6-8:

- Partial (25-50%) weight bearing when: Pain controlled, ROM 0-120 degrees, voluntary quad contraction achieved
- Continue with posterior chain stretching, patella mobilizations, SLR, mini-squats, wall sits
- Leg press (10-70 degrees)
- Incorporate stationary biking

WEEKS 8-12:

- Gradually increase the depth of knee bends, lateral step exercises (2-4 inch), and proprioceptive exercises.
- Introduce active hamstring curls against gravity 0-90 degrees at week 12.
- Continue to increase the intensity and resistance of other exercises.
- Passive range of motion should be near normal.
- Water walking, swimming (straight leg kicking only)
- Gait mechanics should be symmetrical without valgus or external tibial rotation

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MONTHS 3-6:

- Progress CKC activities
- Begin hamstring flexion exercises against light resistance – increase as tolerated.
- Cautiously add lateral training exercises (i.e., lateral stepping)

MONTHS 6 -12:

- Goals are to increase strength, power, and cardiovascular conditioning.
- Sport-specific exercises and training program (cutting, plyometric exercises, carioca, etc. begins at 12 months minimum)
- Maximum eccentric-focused strengthening program.
- Begin light running program as able to demonstrate good strength and mechanics at 9 months minimum

NOTE: Wear Don Joy Playmaker brace for 1 year or more for heavier activities, especially sports. This will be determined by the physician.