

Physical Therapy Prescription MCL Tear Rehab

Patient Name:

Date:

Dx: (LEFT/RIGHT) MCL TEAR

NON-OP

PRE-OP

Modalities:

Week 0-2

- Ice / Massage / Anti-Inflammatory Modalities
- Range of Motion Active / Active-Assisted / Passive
- Quadriceps Activation – SLR, Quad sets, SAQ
 - Full Arc 0-30° Arc
- Avoidance of Valgus loading at all times
- Stationary Bike – “Rock to Range” until able to make a full revolution
- Achilles tendon stretching
- Begin weight shifts in multiple directions with SL balance holds – Stable surface only
- Russian E-Stim for Quadriceps

Week 2-4

- Full active ROM
- Begin CKC strength, sagittal plane only
- Progress SL proprioception to unstable surface with perturbations
- Exercises in brace
- Core stability and endurance
- Begin straight line jogging once eccentric step down is symmetric

Weeks 4-6+

- Maintain full ROM
- Begin to introduce light lateral motion in brace
- Progress core and hip strength
- May begin light plyometrics based on pain
- Progress SL balance exercise
- May begin triple extension exercises for LE based on pain
- Continue CKC strength

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

**All motion protocols to be done in hinged brace; Avoid all valgus stress

**Please send progress notes.

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