



MCL Non-operative Rehab Protocol

Dr. Lock, Dr. Kolowich, Dr. Rill, Dr. Moutzouros,

Goals: Pain free
Full strength
Good quad control, proprioception
Normal gait
Brace
Return to Play: Must individualize
Non-op: 3-10 weeks
Post-op: Determined by ligaments reconstructed

Grade I: Treat symptomatically, no restrictions

Grade II: May brace for sport that season

Grade III: Kolowich: Brace with 30 degree extension block(if non-rigid brace)
x 2-3 weeks, then increase 5-10 degrees at a time using pain as a
guide. Brace for that season then re-assess
Lock: Brace locked at 0-30 degrees for 2-3 weeks.
Progress WB ROM with brace.
Brace for sport.

Criteria for Return to Sport: Full ROM, no swelling, no pain, functional activities
without pain.