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Medial Collateral Ligament (MCL) Reconstruction

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–2 weeks** GOAL TO ADVANCE *Full extension; leg raise without lag*	Passive 0-90°; full extension. Avoid side-to-side (valgus) stress on the knee*	Hinged brace locked straight for walking and sleep; toe-touch weight bearing with crutches	Ankle pumps, kneecap mobilization, heel slides, quad sets with e-stim, straight-leg raises in brace, isometrics, calf raises
Phase II **2–6 weeks** GOAL TO ADVANCE *Flexion within 10° of other side; no swelling*	Progress to full flexion	Brace unlocked for motion; toe-touch to partial weight bearing until 6 weeks	Stationary bike, standing hamstring curls, mini-squats 0-60°, bridges, clamshells, balance
Phase III **6–12 weeks** GOAL TO ADVANCE *Normal gait; full motion*	Full	Progress to full weight bearing; wean crutches; brace for activity until 8-12 weeks	Leg press, hamstring curls, squats to chair, Romanian deadlift, single-leg work; elliptical and pool at 8 weeks. No side lunges or cutting yet*
Phase IV **3–6 months** GOAL TO ADVANCE *Strength ≥80-90%; no medial laxity*	Full	Full	Straight-line jogging at about 4 months, double-leg plyometrics, then lateral movement and agility
Phase V **6–9 months** GOAL TO ADVANCE *Strength and hop tests ≥90-95%*	Full without discomfort	Brace for contact sport if prescribed	Cutting and pivoting; return to sport**

NOTES

*Valgus stress (knee pushed inward) stretches the reconstructed MCL

**If approved by physician