

Nonoperative MCL Injury

*Crutch use for comfort and stability as needed. Not required.

*May be full weight bearing as tolerated.

*DonJoy Play Maker hinged knee brace recommended for lateral stability and protection.

GOALS:

- Ice, compression, elevation, play-maker or hinged knee brace.
- Decrease pain, inflammation and muscle guarding.
- Promote healing of soft tissues.
- Early protected ROM, prevent quadriceps atrophy, increase pain-free ROM as tolerates.
- Crutches as needed, FWBAT.
- Full painless knee PROM, AAROM, AROM, RROM progression as tolerates.
- Quad, hamstring, and hip strength - quad sets, SLR, TKE.
- Progress as tolerates to mini squats, lunges, 4-way hip, hip abd/adduction, stationary bike, elliptical, stair master.
- Aquatic therapy if desired.
- Balance work, gait training, core work.
- Avoid deep squats, and heavy patellofemoral shear and loading.
- Modalities per therapist discretion, electrical stimulation to quad.
- Please teach HEP the patient can do multiple times a day on their own at home.

May attend up to 1-3 times weekly for 8-12 weeks.