

NON-OP ISOLATED MCL COMPLEX SPRAIN (GRADE I / II)

The intent of this hand-out is to provide you with an outline for rehabilitation following _____.

Goals:

- Early pain-free knee range of motion.
- Minimal loss of quadriceps strength.
- Healing of injured ligament complex with little to no instability.

1st Week:

- Gait – Crutches touch weight bearing to partial weight bearing; process to one crutch (on opposite side), then discontinue crutches only when normal gait possible (hinged knee brace at 20° to full flexion).
- Quad Sets (QS).
- Straight Leg Raises (SLR) – no weight.
- Range of Motion – as comfortable.
- Sitting Hip Flexion.
- Side Lying Hip Abduction.
- Standing Hip Extension.
- Standing Hamstring Curls – to tolerance, if painful discontinue.
- Clam exercise.
- Bike – as comfortable – 10 to 20 minutes – low resistance.

All exercises 3 x daily (4 sets of 10 repetitions).

2nd to 4th Week:

- Gait as tolerated.
- Hinged brace 10° to full flexion.
- Progress above exercises as tolerated to 2 to 4 kg's.
- Hamstring curls.
- Leg Presses – 2 legged and 1 legged on injured side.
- Progress isokinetics.
- Step-ups.
- Progress to 20 minutes exercise biking daily – increase resistance as tolerated.

5th to 6th Week:

- Out of hinged knee brace – gait as comfortable.
- Increase weight to above exercises – limit motion to 30° to 90° while performing leg presses, squats.
- Hamstring curls.
- Leg presses – 2 legged and 1 legged.
- Progress isokinetics.
- Step-ups.
- Progress walk to run.
- Progress agilities.
- Continue 20 minutes daily exercise bike programme.

