



Brian P. Davis, MD
ABOS Board-Certified Sports Medicine,
Shoulder, Knee, & Elbow Surgeon
office: 303.321.1333
BrianDavisMD.com

Physical Therapy Pre-Operative Protocol MCL Sprain

Information:

The following is the non-operative protocol. The main emphasis focuses on:

1. Reducing inflammation
2. Restoring full range of motion
3. Restoring quadriceps function

Phase I – Inflammatory Phase:

- Modalities to control inflammation
 - Prescription anti-inflammatories
 - Ice
 - Clinical modalities to control inflammation
- Cardiovascular Exercises
 - Stationary bike-focus on restoring range of motion
 - Pool program as indicated
- Begin range of motion exercises
 - Seated flexion/extension off of table
 - Wall slides
 - Heel slides
- Begin VMO and quadriceps strengthening
 - Quadriceps setting
 - Multi-plane straight leg raising
 - Open kinetic chain multi-plane hip strengthening
- Gait training; protected weight-bearing as instructed

Phase II – Subacute and Early Strengthening:

- Continue with appropriate Phase I activities
- Continue to work toward full range of motion
- Advance strengthening program
 - Proprioception exercises
 - Closed kinetic chain squat program
 - Closed kinetic chain unilateral squats, dips, and step-up progression
 - Closed kinetic chain multi-plane hip strengthening
- Advance intensity and duration of stationary biking program. May add treadmill walking as swelling permits, avoid running and impact activity.

Phase III – Advanced Strengthening:

- Advance closed kinetic chain strengthening as appropriate
- Begin gym strengthening, avoid leg extensions and lunges
- Begin running and multi-directional functional drills

Phase IV – Return to Sport Phase:

- Re-evaluation with physician and sports test for return to play

This protocol is intended to provide a general guideline to treating an MCL sprain. Progress should be modified on an individual basis

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