

MCL reconstruction Post Op Rehab

Post operative weeks 1-2:

- Post op brace in full extension
- Ankle pumps
- Quad sets and SLR (with brace on)
- Toe touch (flat foot) weight bearing
- Passive range of motion 0-40°
- **NO hip adductor strengthening

Weeks 3-4:

- Range of Motion brace set 0-75°
- Continue toe-touch weight bearing, with brace locked in extension
- Keep brace locked in extension for sleeping
- Continue with home exercises as previous
- Begin formal physical therapy

Week 5:

- Advance range of motion as tolerated, brace open
- Continue to keep brace locked in extension when weight bearing
- Stationary bike for range of motion (high seat, low resistance)
- Progress straight leg raise program
- Begin hamstring and hip PRE'S

**NO side lying hip adductor strengthening