

**Dr. Craig Chike Akoh, MD**  
**Nonoperative Grade 3 MCL**  
**REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>MODALITIES</b>	<b>MODALITIES/EXERCISES</b>
<i>PHASE I</i> 0-4 weeks	0-2 wk: 25% PWB 1-2 wk: 50% PWB 2-3 wk: 75% PWB 3-4 wk: WBAT	TROM brace at all times during day and while sleeping  Off for hygiene	0-2 wk: 30-90 deg 2-3 wk: 20-110 deg 3-4 wk: 10-110 deg	<ul style="list-style-type: none"> <li>•Cryotherapy</li> <li>•Pulsed US</li> <li>•Interferential Current</li> <li>•Neuromuscular Muscular Electrical Stimulators</li> </ul>	Bike without resistance PROM/AROM Massage therapy Hamstring isotonic Quadriceps isotonic Core strengthening
<i>PHASE II</i> 4-6 weeks	WBAT	TROM brace at all times during day and while sleeping  Off for hygiene	4-5 wk: 0-120 deg 5-6 wk: 0-140 deg	<ul style="list-style-type: none"> <li>•Cryotherapy</li> <li>•Pulsed US</li> <li>•Interferential Current</li> <li>•Neuromuscular Muscular Electrical Stimulators</li> </ul>	As above as well as: Bike with resistance Isokinetic hamstring/quadriceps Balance/proprioception Heel raises Leg press, step-up, squats, partial lunges
<i>PHASE III</i> 6 + weeks	WBAT	Functional brace during sporting activities until 16 weeks  Off at night	Full	<ul style="list-style-type: none"> <li>•Cryotherapy</li> </ul>	As above as well as: Elliptical runner/stairmaster Functional/sports-specific training