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MCL Repair or Reconstruction Protocol

- Brace locked from 10-90 for 6 weeks
- TDWB for 6 weeks in brace
- Immediate quadriceps rehab and closed chain exercise
- Avoid active hamstring rehab for 8-12 weeks (to decrease stress on the posteromedial corner)

After 6 weeks:

- Establish normal ROM
- Progress to full weightbearing
- Nonimpact exercises (water therapy and biking)