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Grade III MCL with POL Protocol:

Grade III MCL tear with POL involvement protocol: The patient sustained a Grade 3 MCL tear with concomitant posterior oblique ligament involvement. They have a neutral / valgus / varus knee alignment with normal stance. Immobilization in a long leg hinged brace locked in 15 degrees of flexion is utilized for the first two weeks followed by an additional week locked in full extension for patients with neutral or varus alignment and an additional 4 full weeks for those patients with valgus alignment. Patients with valgus alignment should be nonweightbearing for the first 3 weeks (depending on the severity of their valgus alignment their weight-bearing status will be progressed appropriately with severe valgus alignment requiring 6 full weeks of nonweightbearing). Toe-touch weight-bearing should be allowed for the first 3 weeks for those patients with neutral or varus alignment. Immediate range of motion from 15 to 90 degrees should be performed 2 to 3 times a day for the first two weeks for those patients with non-valgus alignment followed by full range of motion afterwards and. Patient's with valgus alignment should start range of motion after 3 weeks with no limitations. Strengthening is done throughout the 6-week period in the form of quad sets, and a straight leg raises and E-stim. Closed chain exercises are initiated at the appropriate time depending on the patient's weight-bearing status. A functional brace is used for all sports for 6 to 12 months post injury depending upon residual laxity.