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Grade III MCL Protocol:

Grade III MCL tear protocol: The patient sustained an isolated Grade 3 MCL tear. They have a neutral / valgus / varus knee alignment with normal stance. There is no posterior oblique ligament involvement. Immobilization in a long leg hinged brace locked in extension is utilized for 3 weeks in patients with neutral or varus alignment and 6 full weeks for those 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 should be performed 2 to 3 times a day for those patients with non-valgus alignment. Patients with valgus alignment should start range of motion after 3 weeks with no limitations. When not performing appropriate range of motion exercises the brace should be locked in extension for the first 3 weeks for patients with neutral or varus alignment and for the full 6 weeks for patients with valgus alignment. Strengthening is done throughout the 6-week period in the form of quad sets 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.