



## PROTOCOL FOR MCL RECONSTRUCTION IN ISOLATION OR IN COMBINATION WITH OTHER LIGAMENT RECONSTRUCTIONS

### Pre-operative:

- IKDC, Koos, Lysholm scores taken.

### In theatre:

- IKDC EUA section Rolimeter.
- Arthroscopic procedure to reconstruct ligaments.
- Cryocuff applied beneath cricket pad splint.

### Post-operative:

- Post-op brace fitted in Recovery set at 30° - 90° for 6 weeks, to be worn at all times.
- Instructed on home exercises in brace.
  - TAQ's.
  - SLR.
  - Patella mobilisations.
  - Passive knee flexion on sliding board.
- Mobilised non-weight bearing with crutches and post-op brace.

### Day 1 – 14

- Brace 30-90°.
- CPM.
- General leg exercises – hip abd / add, gluts.
- Check patient's removal / application of brace (for bathing only) avoid EOR extension/hyperextension.
- Instruct on home ice packs for pain and swelling management.
- Mobilise – check on stairs and discharge when safe.
- Home exercises in brace checked and reinforced.
- On discharge, out-patient physiotherapy to be arranged for 5-7 days post-op.
- No inner range quads if ACL Reconstruction performed.

### 2-4 weeks

- Brace opened 20-90° non weight bearing.

### 4-6 weeks

- Brace opened 10-90° non weight bearing.

### 6 weeks

- Brace opened 0-120°. Can commence partial weight bearing. Brace can be removed for ROM exercises only.
- Continue with ACL rehabilitation within brace as weight bearing allows / applicable but only closed chain exercises.

### 12 weeks

- Commence full weight bearing.
- Gradually wean off brace over next 4-6 weeks.

### Aims

- To reach 90° flexion by 6 weeks, 120° by 10 weeks.
- Full weight bearing and removal of brace at night-time at 3 months post-operative.



## Patient Information

**Originator:**

**Alison Hatcher, Orthopaedic Clinical Specialist**

**Date Last Reviewed:**

**February 2008**

**Ratified by:**

**Mr M J McNicholas, Consultant Orthopaedic Surgeon**