



# Mid-America Orthopedics

## **Dr. John Babb**

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### **MCL RECONSTRUCTION WITH HAMSTRING AUTOGRAFT PROTOCOL**

#### **Day 1 Post-op**

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- PT removes bandages on POD #3, keep steri-strips intact until Dr Babb can remove them.
- No ointments, betadine etc should be used on the incisions or portals.
- If any drainage/oozing is present, re-cover with 4x4's and notify Dr Babb (may need antibiotics).
- **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
- If any wounds are oozing delay range of motion until wounds are closed and healed.
- **NO water on wounds** for 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until wounds are scars.
- **NO Valgus stress for 6wks, brace on at all times except to change dressing**
- **Brace: Locked at 30 degrees flexion for 2 wks**
- **ROM in PT: 0-90**
- **Ambulation: NWB for 6 weeks**
- **Strengthening:**
  - Quad, hamstring sets, ankle pumps

#### **Day 2-13 Post-op**

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- **Brace: locked at 30 degrees**
- **ROM in PT: 0-90**
- **Ambulation: NWB**
- **Strengthening:**
  - Quad, HS sets, ankle pumps

#### **Day 14-20 Post-op**

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- **Brace: 0°-90°**
- **ROM in PT: 0-90**
- **Ambulation: NWB**
- **Strengthening:**
  - Balls rolls 0-90
  - SLR flex/ext/abd
  - Quad, HS sets

### **Day 21-41 Post-op**

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- **Brace:** Unlocked
- **ROM:** Begin progressing to full ROM
- **Ambulation:** NWB
- **Strengthening:** Continue to progress OKC strengthening as tolerated
  - Initiate standing hamstring curls (AROM- no resistance) at **4 weeks post-op**

### **6-12 Weeks Post-op**

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- **Brace:** D/C brace when involved LE strength is 80% of uninvolved side
- **ROM:** Full
- **Ambulation:** Progressive WB (25% every 3 days until full)
- **Strengthening:**
  - Continue to progress CKC exercises as tolerated
    - Squats
    - Lunges (all planes)
    - Step Ups
    - Step Downs
    - Balance & proprioceptive training
    - Initiate hamstring isotonic
  - **NO Jogging until 12 wks post-op**

### **3 Months Post-op**

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- **ROM:** Full
- **Ambulation:** Normal gait pattern
- **Strengthening:** Continue to progress
- **Straight ahead running**
  - Start with 100 yds at half speed on soft level surface
  - Add 100 yds every other day
  - Work up to 1 mile or 1760 yds
- **Gentle lateral movements:**
  - Defensive slide
  - Floor ladder
  - Figure 8's
  - Carioca's
- **Transverse plane movements:**
  - Pivots
  - Steps with rotation
- **Low level plyometrics:** stationary jumps, hops, skipping rope. Refer also to MAO plyometric program
- Golf and Outdoor bike

## **6 Months Post-op**

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- **Cutting drills**
- **Advance sport specific drills:**
  - Soccer: Hard kicks if surgery leg is kick leg, do not plant on surgery leg
  - Basketball: lay ups and jump shots, no scrimmaging or one on one
  - Softball/Baseball: Throwing, hitting, running bases
  - Racquet sports: low level hitting against backboard
- **Increase running program**
  - Speed
  - Rounded turns
  - Backpedal
  - Low level direction changes
- **Aggressive agility drills:**
  - Jump
  - Hop
  - Plyometric activities
- **Teach deceleration and injury prevention techniques:**
  - Rounded turn
  - Bent knee landings
  - 3-step stops
- **Criteria for return to sport:**
  - Isometric quad/hamstring testing on surgery leg  $\geq$  95% of non-surgery leg
  - Functional hop testing (broad jump, single leg hop, single leg triple hop with control, single leg triple hop with crossover) on surgery leg  $\geq$  95% of non-surgery leg

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.