

Isolated Medial Collateral Ligament Repair/Reconstruction
Dr. Souster

The patient will be touch down weight bearing for 6 weeks following the surgery. They will be in a knee extension brace locked in full extension for 10 weeks. The brace may be removed for showering and home/outpatient PT exercises only. Progressive increase in activity will be guided by the physical therapist. Plan to get full range of motion back by week 8. Jogging usually starts at about 12 weeks and full release to sports generally occurs at 6 months after surgery and must pass strength test and functional testing. The patient is seen at the 2 week, 6 week, 12 week, and 24 week times.