Medial Knee Injury
Grade 2-3 - Conservative Protocol

Initial Guidance:
Aim to control swelling and initiate quadriceps re-activation.
Encourage early, pain-free full range of movement to stimulate mechanotransduction.
Avoid re-testing valgus stress until **3-4 weeks** post-injury.

1 - 2 Weeks
• POLICE protocol for management of pain and swelling/effusion.
• Long lever brace fitted 0-90°.
• Crutches: TTBW to PWB to 1 crutch (opposite side) to FWB (if no limp) as able.
• SQ’s (30 reps x 10 daily), SLR if no lag (if lag: perform with brace locked at 0°).
• Stationary bike ASAP (10-20 mins): increase time and resistance as tolerated.
• Hip maintenance exercises: (sitting flexion, side-lying abduction, standing extension).
• Standing hamstring curls if no pain.

3-4 Weeks
• Continue with ROM ex’s and brace.
• Gently re-assess stability to check healing (valgus laxity at 20° and 0° knee flexion).
• Start weighted exercises (knee extension, hamstring curls, leg press) between 0-90° in brace.
• Stationary bike for 20 minutes: increase resistance as tolerated.
• Step ups.

5 Weeks
• Re-assess stability to confirm healing (i.e. no valgus laxity at 20° and 0° knee flexion).
• Aim for full symmetrical ROM.
• Open brace fully as per quadriceps control on weights machine.
• Progress walk to run as tolerated in brace.
• Start proprioceptive and balance work once knee stabilised clinically.

6 Weeks +
• Remove brace for walking if normal gait: use brace outdoors as required.
• Continue exercise bike until 12 weeks (at least 20 minutes per day).
• Progress sports specific exercises.
• **For grade 3 injuries wear brace for competition for at least 3 months post-injury.**
• Return to competition if FROM, full strength and >90% of good leg on functional tests (e.g. hop for distance, hop for time, timed cross over hop).

8 Weeks +
If knee remains unstable refer to orthopaedic surgeon for opinion.

References: