

## GRADE 1

### **Overstretched ligament (no tearing)**

Rehabilitation and return to sport in 2-4 weeks

## GRADE 2

### **Partial tearing to the ligament**

May require bracing and crutches dependent on severity

Rehabilitation for return to sport in 6-8 weeks

May require taping/bracing with return to sport from 6-12 weeks post injury

## GRADE 3

### **Complete tear of the ligament**

Immobilization

Crutches as needed

Consult with medical staff for imaging and/or surgery consult

Rehabilitation for return for sport 3 months or more

