

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

