

Lateral/Posterior Lateral Corner Knee Reconstruction Rehab Protocol

The following is a protocol for post-operative patients following lateral or posterior lateral corner reconstruction. The primary goal of this protocol is to protect the reconstruction while steadily progressing towards and ultimately achieving pre-injury level of activity. Please note this protocol is a guideline. Patients with additional surgery will progress at different rates. Achieving the criteria of each phase should be emphasized more than the approximate duration. If a patient should develop an increase in pain or swelling or decrease in motion at any time, activity should be decreased until problems are resolved.

POST-OP DAYS 1 – 14

- Dressing:
 - POD 1: Debulk dressing
 - POD 2: Change dressing, keep wound covered
- Brace – Locked in extension
- Crutches – Flat foot weight bearing (FFWB)
- Patellar mobilization (teach patient)
- AAROM, PROM as tolerated
- Calf pumping
- Passive extension with heel on bolster or prone hangs
- Electrical stimulation in full extension with quad sets and SLR
- Quad sets, Co-contractions quads / hamstrings
- Straight leg raise (SLR) x3 on mat, in brace (parallel bars if poor quad control)
 - **NO ABD**
- Ice pack with knee in full extension after exercise

GOALS

- Pain / effusion control
- Good quad control

WEEKS 2 – 4

- Brace – locked in extension
- Crutches – Partial weight bearing (PWB)
- Continue appropriate previous exercises
- Scar massage when incision healed
- AAROM, AROM 0-90 degrees
- Begin Total Gym for ROM – Level 1-3
 - Passive flexion to 90 degrees (push up with opposite leg)
- Straight leg raise (SLR) x 3 on mat, no brace (no resistance) – **NO ABD**
- Double leg heel raises
- Stretches – Hamstring, hip flexors

GOALS

- ROM 0-90
 - No extensor lag
-

WEEKS 4 – 6

- Brace – Open to available range
- Crutches – Weight bearing as tolerated (WBAT) (D/C when gait is normal)
- Continue appropriate previous exercises
- AAROM, AROM 0-110 degrees
- Standing SLR x 4 with Theraband bilaterally (no brace)
 - May begin Hip ABD with Theraband if good LE control in full extension
- Mini squats in parallel bars – No knee flexion > 45 degrees
- Leg press with light resistance 0-45 degrees
- Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)
- Proprioceptive ex – Single leg standing, double leg BAPS for weight shift
- Single leg heel raises
- Stationary bike for ROM – No resistance
- Pool therapy – **Exercises in sagittal plane only**

GOALS

- ROM 0-110 degrees
- No effusion

WEEKS 6 - 8

- Brace – Open to full range
- Continue appropriate previous exercises
- PROM, AAROM, AROM to regain full motion
- Wall squats – No knee flexion past 45 degrees
- Forward, lateral and retro step downs
 - No knee flexion > 45 degrees (small step)
- Knee extension ex 90-30 degrees
- Hamstring curls 0-90 – Carpet drags or rolling stool (closed chain)
- Leg press 0-90 degrees with resistance as tolerated
- Hip weight machine x4 bilaterally
- Proprioceptive ex – Progress to single leg BAPS, ball toss and body blade
- Stationary bike – Progressive resistance and endurance
- Elliptical trainer
- Treadmill – Forwards and backwards walking
- Pool therapy – Chest deep

GOAL

- Full ROM
-

WEEKS 8 - 12

- D/C brace
- Continue appropriate previous exercises with progressive resistance
- Forward, lateral and retro step-downs – Medium to large step
- Hamstring curl weight machine through full range
- Knee extension weight machine through full range
- Stairmaster – Small steps
- Treadmill – Walking progression program
- Pool therapy – Unrestricted
- ITB stretch

GOAL

- Walk 2 miles at 15 min/mile pace

MONTHS 3 - 4

- Continue appropriate previous exercises with progressive resistance
- Fitter
- Slide board
- Agility drills – Figure 8s, gentle loops, large zigzags
- Swimming
- Treadmill – Running progression program
- Quad stretches

GOAL

- Run 2 miles at easy pace
-

MONTHS 4 - 6

- Continue appropriate previous exercises
- Agility drills / Plyometrics
- Sit-up progression
- Progressive weight training program
- Running progression to track
- Transition to home / gym program

GOAL

- Return to all activities

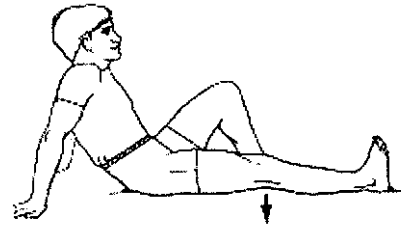
****NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP****



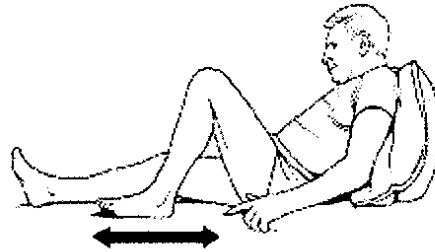
KNEE POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

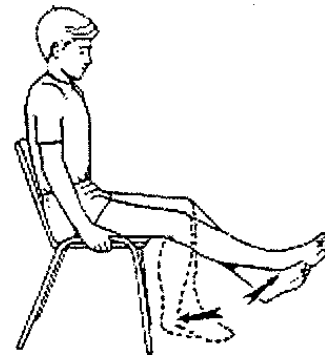
Quad Isometrics



Heel Slides



Active Assisted Motion



Ice Position 15 minutes 2-3 x per day

