

Sports Medicine Division

## LATERAL/POSTERIOR LATERAL CORNER KNEE RECONSTRUCTION REHABILITATION PROTOCOL

The following is a protocol for postoperative patients following PLC knee 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 (i.e. collateral ligament repair, meniscal repair) 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.

### **PHASE I: 0-2 WEEKS POSTOPERATIVE**

#### **GOALS:**

- Pain / effusion control
- Good quad control

#### **AMBULATION, DRESSING, AND BRACE USE**

**Dressing** – POD 1: Debulk dressing, TED Hose in place

– POD 2: Change dressing, keep wound covered, continue TED Hose

– POD 7-10: Sutures out, D/C TED Hose when effusion resolved

**Brace – Locked in extension**

**Crutches – Flat foot weight bearing (FFWB)**

#### **EXERCISES:**

Patellar mobilization (teach patient)

AAROM, AROM 0-90 degrees

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) x 3 on mat, in brace (parallel bars if poor quad control)

– NO ABD

Ice pack with knee in full extension after exercise

### **PHASE II: ~2-4 WEEKS POSTOPERATIVE**

#### **GOALS:**

- ROM 0-90
- No extensor lag

#### **AMBULATION AND BRACE USE**

**Brace – locked in extension**

**Crutches – Partial weight bearing (PWB)**

#### **EXERCISES:**

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

### **PHASE III: ~4-6 WEEKS POSTOPERATIVE**

#### **GOALS:**

- ROM 0-110 degrees
- No effusion

#### **AMBULATION AND BRACE USE:**

Brace – Open to available range

Crutches – Weight bearing as tolerated (WBAT) (D/C when gait is normal)

#### **EXERCISES:**

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

#### **PHASE V: ~6-8 WEEKS POSTOPERATIVE**

**GOAL:** Full ROM

#### **AMBULATION AND BRACE USE:**

Brace – Open to full range

#### **EXERCISES:**

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 x 4 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

#### **PHASE VI: ~8-12 WEEKS POSTOPERATIVE**

**GOAL:** Walk 2 miles at 15 min/mile pace

#### **AMBULATION AND BRACE USE:**

D/C brace

#### **EXERCISES:**

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

#### **PHASE VII: ~3-4 MONTHS POSTOPERATIVE**

**GOAL:** Run 2 miles at easy pace

#### **EXERCISES:**

Continue appropriate previous exercises

Fitter

Slide board

Agility drills – Figure 8s, gentle loops, large zigzags

Swimming

Treadmill – Running progression program

Quad stretches

#### **PHASE VIII: ~4-6 MONTHS POSTOPERATIVE**

**GOAL:** Return to all activities

#### **EXERCISES:**

Continue appropriate previous exercises

Agility drills / Plyometrics

Sit-up progression

Progressive weight training program

Running progression to track

Transition to home / gym program

***No contact sports until 6 months post-op***