KNEE DISLOCATION RECONSTRUCTION
LCL and/or CHRONIC
Revised August 2008

Post-op Days 1 – 14

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 x 4 weeks
Crutches – Flat foot weight bearing (FFWB) in brace

**No AROM or Stationary bike x 6 weeks**

Passive range of motion (PROM) 0-45
Patellar mobilization
Calf pumping
Passive extension to 0 degrees, **No hyperextension**
   – Calf (not heel) on bolster or prone hangs with tibia supported
Electrical stimulation in full extension with quad sets and SLR
Quad sets, Co-contractions quads / HS
Straight leg raise (SLR) x 4 on mat in brace (parallel bars if poor quad control)
Ice pack with knee in full extension after exercise

**Goals**

PROM 0-45 degrees
Good quad control

Weeks 2 – 4

Brace – Locked in extension x 4 weeks
Crutches – Partial weight bearing (PWB) in brace
Continue appropriate previous exercises
Active assisted range of motion (AAROM) by patient 0-45 degrees

**No AROM or Stationary bike x 6 weeks**

Scar massage when incision healed
Weight shifts, Mini squats 0-30 degrees, in brace (supported in parallel bars)
Stretches —hip flexors, Hamstring with leg supported in brace

**Goals**

AAROM 0-45 degrees
No extensor lag

Weeks 4 – 6

Brace – Open to available range if pt has good quad control
– Not to exceed 60 degrees
Crutches – PWB, progress to weight bearing as tolerated (WBAT)
Continue appropriate previous exercises
AAROM by patient 0-60 degrees

**No AROM or Stationary bike x 6 weeks**
Multi-angle Co-contractions quads / Hamstring at 0, 20, 40, 60
SLR x 3 directions on mat without brace (no ABD) – No resistance
– No ADD if MCL involved
Mini squats 0-45 degrees, supported in parallel bars
Double leg heel raises

**Goal** – AAROM 0-60 degrees

**Weeks 6 – 8**

D/C Brace
Crutches – weight bearing as tolerated (WBAT), D/C when gait is normal
Continue appropriate previous exercises
PROM, AAROM, AROM 0-90 degrees
Limited arc open chain quad extension 75-60 degrees, light weight
Partial wall squats – No knee flexion past 45 degrees
Forward, lateral, and retro step downs in parallel bars
– No knee flexion past 45 degrees (small step)
SLR x 3 (no ABD) with light weight below knee – No ADD if MCL involved
Single leg heel raises
Leg press with resistance no more than ¼ body weight
– No knee flexion past 45 degrees
Stationary bike to assist with range of motion
Treadmill – Forward walking

**Goals**

Active range of motion (AROM) 0-90 degrees
Normal gait

**Weeks 8 – 10**

Continue appropriate previous exercises
PROM, AAROM, AROM 0-115 degrees
Leg press with resistance no more than ½ body weight
Hamstring curls – Carpet drags or rolling stool (closed chain)
Hip machine x 4 bilaterally – Including ABD (and ADD)

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Proprioceptive training – Single leg standing in parallel bars
– Double leg BAPS for weight shift
Stationary bike with minimal resistance
Elliptical trainer
Treadmill – Forwards and backwards walking
Pool therapy – Walking / running (no kicking)

**Goal** – ROM 0-115

**Weeks 10 – 12**

Continue appropriate previous exercises
PROM, AAROM, AROM to regain full motion
Standing SLR x 4 with Theraband bilaterally
Leg Press 0-90 degrees with resistance as tolerated
Proprioceptive training – Single leg BAPS, ball toss and body blade
Stationary bike for progressive resistance and time
Treadmill – Walking progression program

**Goal** – Full AROM

**Months 3 – 4**

Sports Brace (per Ortho)
Continue appropriate previous exercises with progressive resistance
Leg press with single leg, no > 90 degrees
Hamstring curl weight machine 0-90 degrees, light resistance < ¼ body weight
Knee extension weight machine 0-90 degrees as tolerated
Fitter
Slide board
Swimming

**Goal** – Walk 2 miles at 15 min/mile pace

**Months 4 – 6**

Continue appropriate previous exercises
Sit-up progression
Treadmill – Continue speed walking, no running yet
Stretches – Quads, ITB
Transition to home / gym program

**Goal** – Walk 3 miles at 15 min/mile pace

** Months 6 – 12**

Biodex depending on patient progress and surgeon request
Continue appropriate previous exercises
Agility drills / Plyometrics
Treadmill – Running progression program
Goals

Return to all activities
Pass APFT at 12 months post-op

No contact or cutting sports until 12 months post-op

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Knee Post Op Phase 1
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

Appointments?? Questions??
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