LATERAL / POSTERIOR LATERAL CORNER KNEE RECONSTRUCTION

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
Crutches – Flat foot weight bearing (FFWB)
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

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 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

**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
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

Goals

Return to all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op

BRYAN L. BOYEA
LTC, SP
Chief, Physical Therapy

MICHAEL S. MACHEN
LTC(P), MC
Chief, Orthopedics
Physical Therapy Clinic  
William Beaumont Army Medical Center  
El Paso, TX 79920

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??  
WBAMC PT:  DSN:979-2181/1848  COMM: (915)569-2181/1848