



PHYSICAL THERAPY SECTION  
WILLIAM BEAUMONT ARMY MEDICAL CENTER  
5005 N. PIEDRAS ST  
EL PASO, TEXAS 79920



## 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***

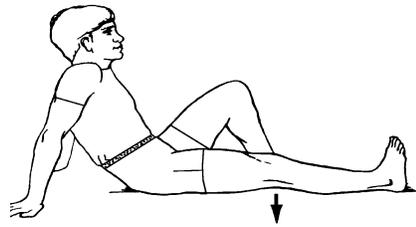
BRYAN L. BOYEA  
LTC, SP  
Chief, Physical Therapy

MICHAEL S. MACHEN  
LTC(P), MC  
Chief, Orthopedics

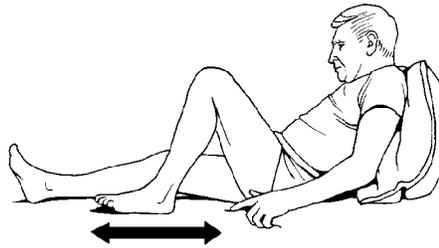
**Physical Therapy Clinic**  
**William Beaumont Army Medical Center**  
El Paso, TX 79920

**Knee Post Op Phase 1**  
Perform exercises below frequently: 30 reps 3-5x a day

**Quad Isometrics**



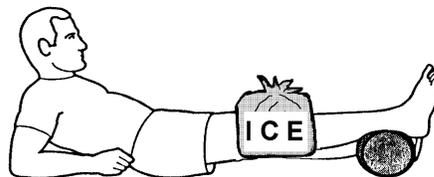
**Heel Slides**



**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