MEDIAL COLLATERAL LIGAMENT REPAIR / 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 x 8 weeks – Locked in extension for ambulation
Crutches – Partial weight bearing (PWB) in brace
(no more than 50% of body weight)
Patellar mobilization (teach patient)
Calf pumping
AAROM, AROM 0-90 degrees
Passive extension with heel on bolster or prone hangs
Electrical stimulation in full extension with quad sets and SLR
Quad sets, Co-contractions quads/hams
Straight leg raise (SLR) x 3 on mat in brace – No ADD
Short arc quads
No stationary bike x 6 weeks
Ice pack with knee in full extension after exercise

Goals
Pain/effusion control
Good quad control

Weeks 2 – 4

Brace x 8 weeks – Open to 0-45 degrees
Crutches – PWB in brace
Continue appropriate previous exercises
Scar massage when incision healed
AAROM, AROM 0-90 degrees only
Total Gym for ROM (level 1-3)
   – Passive flexion to 90 degrees (push up with opposite leg)
SLR x 3 on mat, no brace if good quad control – No ADD
Double leg heel raises
No stationary bike x 6 weeks
Stretches – Hamstring, Hip Flexors, ITB

Goals
ROM 0-90 degrees
No extensor lag
**Weeks 4 – 6**

- Brace x 8 weeks – Open to 0-90 degrees
- Crutches – PWB in brace
- Continue appropriate previous exercises
- AAROM, AROM 0-120 degrees
- Standing SLR x 3 with light Theraband bilaterally
  - May begin Hip ADD with Theraband if good LE control in full extension
- Total Gym (level 3-5) – Mini squats 0-45 degrees
  - Passive flexion to 90 degrees (push up with opposite leg)
- Leg press 0-45 degrees with resistance up to ¼ body weight
- Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)

**No stationary bike x 6 weeks**

**Goals**

- ROM 0-120 degrees
- No effusion

**Weeks 6 – 8**

- Brace – Open to full range
- Crutches – Weight bearing as tolerated (WBAT), D/C crutch when gait is normal
- Continue appropriate previous exercises
- PROM, AAROM, AROM to regain full motion
- Standing SLR x 4 with light Theraband bilaterally
- Wall squats 0-45 degrees
- Leg press 0-60 degrees with resistance up to ½ body weight
- Hamstring curls through full range – Carpet drags or rolling stool
- Forward, lateral and retro step downs in parallel bars
  - No knee flexion past 45 degrees (small step)
- Proprioceptive training – Single leg standing in parallel bars
  - Double leg BAPS for weight shift
- Single leg heel raises
- Treadmill – Forwards and backwards walking
- Stationary bike – Progressive resistance and time
- Elliptical trainer

**Goal** – Full ROM

**Weeks 8 – 12**

- D/C Brace
- Continue appropriate previous exercises with progressive resistance
- Leg press 0-90 degrees with resistance as tolerated
- Hamstring curls on weight machine
- Knee extension weight machine
- Forward, lateral and retro step downs (medium to large step)
- Proprioceptive training – Single leg BAPS, ball toss and body blade
  - Grid exercises
Treadmill – Walking progression program
Stairmaster – Small steps
Pool therapy

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

**Months 3 – 4**

Continue appropriate previous exercises
Fitter
Slide board
Functional activities – Figure 8s, gentle loops, large zigzags
Treadmill – Running progression program
Pool therapy – Swimming laps
Quad stretches

**Goal** – Run 2 miles at easy pace

**Months 4 – 6**

Continue appropriate previous exercises
Agility drills / Plyometrics
Sit-up progression
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

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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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