



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



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

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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

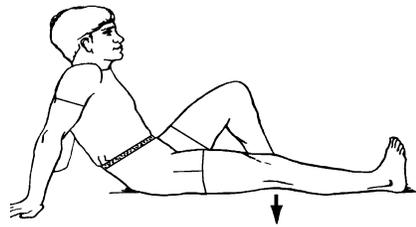
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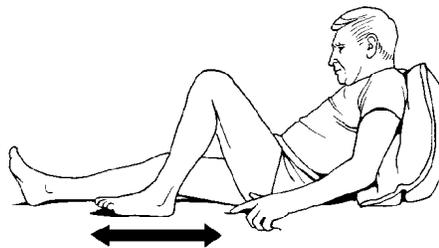
Physical Therapy Clinic
William Beaumont Army Medical Center
El Paso, TX 79920

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

Quad Isometrics



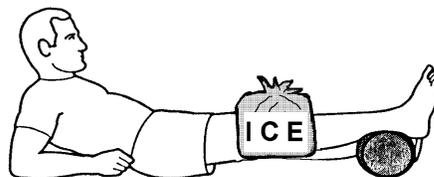
Heel Slides



Active Assisted Motion



Ice Position 15 minutes 2-3 x per day



Appointments?? Questions??

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