



PHYSICAL THERAPY SECTION

KNEE DISLOCATION RECONSTRUCTION LCL and/or CHRONIC

*Revised November 2016
Adapted from William Beaumont Army Medical Center*

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 – Patial 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 $\frac{1}{4}$ 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 $\frac{1}{2}$ 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

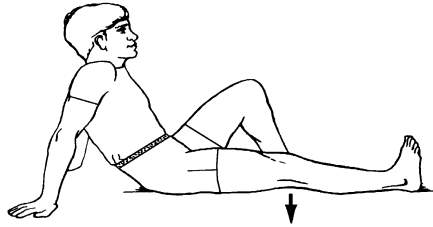
Return to all activities
Pass APFT at 12 months post-op

No contact or cutting sports until 12 months post-op

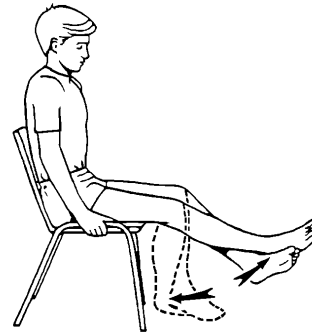
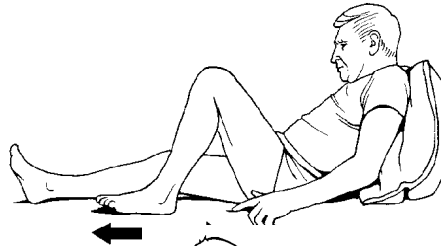
Knee Post Op Phase 1

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

