



## PHYSICAL THERAPY SECTION

### MEDIAL COLLATERAL LIGAMENT REPAIR / RECONSTRUCTION

*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 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**

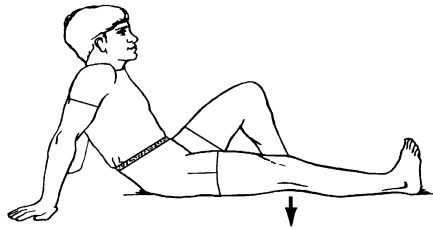
Return to all activities  
Pass APFT at 6 months post-op

***No contact sports until 6 months post-op***

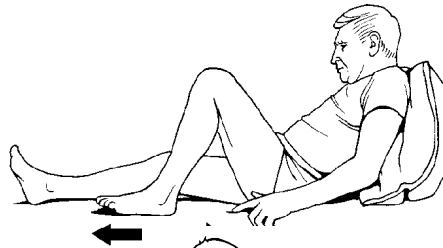
## Knee Post Op Phase 1

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**

