



PHYSICAL THERAPY SECTION

LATERAL / POSTERIOR LATERAL CORNER KNEE 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 – 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

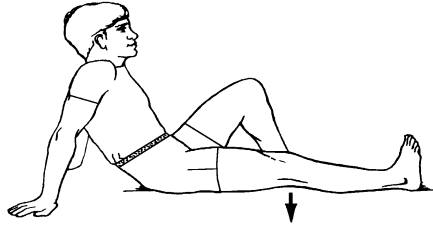
Return to all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op

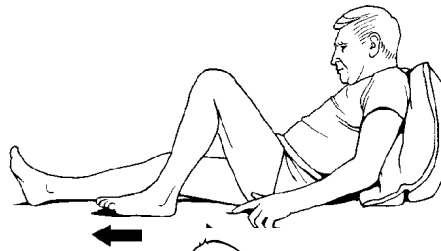
Knee Post Op Phase 1

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

