Knee LCL / Posterolateral Corner Repair-Reconstruction Rehab Protocol Prescription

Patient Name: Date:

Diagnosis: LCL, PLC tears Frequency: 2-3 visits/week Duration: 4 months

**Week 1 - 2** (Brace locked in extension, TTWB in brace locked in extension)
- Ankle pumps every hour
- Post-op brace to maintain full extension.
- Quad sets & SLR (Brace on) with no lag
- TTWB with crutches/walker
- Ice or Cryocuff Unit on knee for 20-30 minutes every hour
- Passive ROM exercises: Limits: 0 to 90 degrees.
- No active knee flexion
- No hamstring workouts

**Week 3-6** (ROM 0-90 deg, TTWB)
- Supervised PT: 2-3 times a week (may need to adjust based on insurance)
- Continue SLR's in brace with foot straight up, quad isometric sets, ankle pumps, heel slides
- Patellar mobilization exercises
- Brace locked in full extension for ambulation and sleeping, and may unlock for sitting with limit 0-90 deg.

**Week 7** (ROM as tolerated, TTWB)
- Continue with above exercises/ice treatments
- Advance ROM as tolerated with no limits with brace on
- Stationary bike for range of motion (short crank or high seat, no resistance) Ok to remove brace for bike here
- Perform scar message aggressively
• Progressive SLR program for quad strength with brace on - start with 1 lb, progress 1 -2 lbs per week
• Hamstring active knee flexion OK
• Seated leg extension (90 to 40 degrees) against gravity with no weight
• Hip adductor, flexor strengthening

Week 8 (TTWB)
• Continue all exercises
• Flexion exercises seated AAROM
• AAROM (using good leg to assist) exercises (4-5x/ day) with brace on
• Continue ROM stretching and overpressure into extension
• SLR’s - with brace on
• Leg press 0-70 arc of motion

Week 9 (WBAT)
• Continue above exercises
• Start WBAT with brace on in full extension and D/C crutches when stable
• Unlock brace for ambulation when quad control adequate
• Hamstring and calf stretching
• Self ROM 4-5x/day using other leg to provide ROM
• Advance ROM as tolerated - no limits, may remove brace for ROM
• Regular stationary bike if Flexion > 115°
• Heel raises with brace on
• Hip/core strengthening and proprioception training

Week 10
• Continue above exercises
• Mini squats (0-60 degrees) and quad strengthening
• 4 inch step ups
• Isotonic leg press (0 - 90 degrees)
• Lateral step out with therabands
• Advance hip/core strengthening and proprioception training

Week 11
• D/C brace if quad control adequate
  Advance ROM, Goal: 0 to 115 degrees, walking with no limp
• Add ball squats
• Initiate retro treadmill with 3% incline (for quad control)
• Increase resistance on stationary bike
• Mini-squats and weight shifts
• Sport cord (bungee) walking
• 8 inch step ups
• 4 inch step downs
Week 12
- Begin resistance for open chain knee extension
- Swimming allowed, flutter kick only
- Bike outdoors, level surfaces only
- Progress balance and board throws
- Plyometric leg press
- 6-8 inch step downs
- Start slide board
- Jump down's (double stance landing)
- Progress to light running program and light sport specific drills if:
  - Quad strength > 75% contralateral side
  - Active ROM 0 to > 125 degrees
  - Functional hop test >70% contralateral side
  - Swelling < 1cm at joint line
  - No pain
  - Demonstrates good control on step down

Week 12-22
- Stairmaster machine
- If full ROM, quad strength > 80% contralateral side, functional hop test >85% contralateral side, satisfactory clinical exam:
  - Progress to home program for running. Progress to hops, jumps, cuts and sports specific drills. Begin to wean from supervised therapy.

6-12 months
- Criteria to return to sports and unrestricted activities
  - Full Active ROM
  - Quadriceps >90% contralateral side
  - Satisfactory clinical exam
  - Functional hop test > 90% contralateral side

One Year
- Doctor visit

Concerns or questions:
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Physician Signature: