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Nathan A. Mall, MD

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Post-Operative Lateral Collateral Ligament Reconstruction/Repair Rehabilitation (with or without ACL/PCL)

General Considerations:

- Patients are touchdown weightbearing with crutches for 6 weeks postoperatively
- Patients are to wear a knee immobilizer for 6-7 weeks postoperatively.
- Early emphasis on achieving full passive terminal extension equal to the opposite side.
- No resisted knee flexion exercises for 8 weeks postop. Passive flexion is okay.
- Regular manual care of the patella, patellar tendon, and portals should be performed to prevent fibrosis.
- All times are approximate with actual progression based upon clinical presentation.
- No VARUS STRESS throughout rehab.

Week 1

- Gait training, pain and edema control, and muscle stimulation as needed for quadriceps recruitment
- Ankle pumps, quad sets and leg raises into flexion and adduction only.
- Well-leg stationary bike and UBE for cardiovascular. Upper body weight machines and trunk exercises

Week 2-4

- Passive flexion and extension stretching
- Prone hip extension exercises performed in full knee extension only after 2 weeks.
- Submaximal quad and gluteal isometrics.
- Standing calf and hip exercises
- Balance and proprioception exercises.
- Swimming and pool workouts as soon as incisions are well-healed

Weeks 4-6

- Introduce mild isometric resisted knee extension within range of motion restrictions.
- Short range squat/knee bends within range of motion restrictions
- Fit with medial aligner brace at 6-7 weeks to start at 8 weeks postop (when knee immobilizer D/C'd)

Weeks 6-8

- Gradually increase the depth of knee bends, step exercises, and proprioceptive exercises.
- Introduce hamstring curls against gravity without resistance after 7 weeks. Focus on eccentrics.
- Continue to increase the intensity and resistance of other exercises.
- Passive ROM should be near normal

Weeks 8-12



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- Wean off the use of the brace for activities of daily living (12 weeks)
- Begin hamstring flexion exercises against light resistance – increase as tolerated.
- Cautiously add lateral training exercises (i.e., lateral stepping, lateral step ups) (12 wks)

Weeks 12-16

- Goals are to increase strength, power, and cardiovascular conditioning
- Sport-specific exercises and training program
- Maximal eccentric focused strengthening program.
- Begin light running program as able to demonstrate good strength and mechanics.

4-6 Months

- Goals are to develop maximal strength, power, and advance to sporting activities.
- Resisted closed-chain rehabilitation through multiple ranges.
- Running program, balance drills, and agility program
- Initiate plyometrics training as able to demonstrate adequate strength and proper mechanics

Modalities:

_____ PRN

_____ Ultrasound

_____ E-stim

_____ Russian stim

Frequency: _____ times/week X _____ weeks

Signature: _____

Date: _____