

LCL & PLC Post-Operative Therapy Protocol

0-2 Weeks Post-Op:

- **AVOID ALL VARUS LOAD:**
 - Brace on at all times – use crutches
 - Passive motion only with flexion 0-90 degrees during first 2 weeks after surgery
 - Anti-inflammatory modalities to knee daily
 - Cryotherapy
 - Straight leg raises daily (up to 300-500 reps) **IN THE BRACE**
 - Weight-bearing as tolerated with the brace locked in extension
 - Electrical stimulation to quad if poor control
 - Brace on at all times through week 12

2-6 Weeks Post-Op:

- **AVOID ALL VARUS LOAD:**
 - Brace on at all times – use crutches
 - Advance passive and passive-assisted range of motion as tolerated with goal of full flexion by week 6
 - Anti-inflammatory modalities to knee daily
 - Cryotherapy
 - Straight leg raises daily (up to 300-500 reps) **IN THE BRACE**
 - Continue weight bearing with brace locked in extension
 - Electrical stimulation to quad if poor control
 - Brace on at all times through week 12

6-12 Weeks Post-Op:

- **AVOID ALL VARUS LOAD:**
- *May change to small brace at this point*
 - Active motion as tolerated
 - Quadriceps re-education (electrical stim, biofeedback).
 - Isometrics at 60 degrees flexion/Straight leg raises
 - Patellar mobilization
 - Weight-bearing: Begin weight-bearing with no motion restrictions and advance as tolerated **IN SMALL BRACE**
 - Cryotherapy
 - Stationary bike – minimal resistance up to 20 minutes (start with short crank)
 - Leg press at 25% body weight from full extension to 70 degrees of knee flexion only
 - Continue anti-inflammatory modalities
 - Begin CKC strengthening progressing to full arc
 - Sagittal plane motion only, no lateral motions or pivoting
 - **GOAL:** Full range of motion and normal gait pattern by 3-4 months
 - Brace on at all times through week 12

12-24 Weeks Post-Op:

- Closed chain quadriceps strengthening in 90 degree arc (leg press, squats, etc.)
- **HIP STRENGTHENING:**
 - Hamstring (**ISOMETRIC ONLY**, may work at different knee angles, adductor, Achilles strengthening)
 - Hamstring/Achilles tendon stretching
 - Patellar mobilization
 - Quadriceps isotonic – full arc for closed chain
 - Begin functional exercise program
 - May begin lateral movements
 - OK to walk on treadmill (forward) & slow retrostep
 - Continue isolated muscle stretching and strengthening
 - Continue bike
 - May begin jogging at 12-14 weeks if eccentric step down is symmetric

24-40 Weeks Post-Op

- Full arc, progressive resistance exercises – emphasize quads
- Agility drills
- Advanced functional exercises
- Progress running program – cutting
- Isokinetic test at 60 degrees/second, 180 degrees/second, 240 degrees/second
- Begin running program if quad control is present