



# GOLDEN STATE ORTHOPEDICS & SPINE

LATERAL COLLATERAL LIGAMENT RECONSTRUCTION/REPAIR REHABILITATION

## **General considerations:**

- Patients are touchdown weight bearing with crutches for 6 weeks post-operatively.
- Patients are to wear a knee immobilizer for 6-7 weeks post-operatively.
- Early emphasis on achieving full passive terminal extension equal to the opposite side.
- No resisted knee flexion exercises for 8 weeks post-operatively. Passive flexion 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,

## **Weeks 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 squats/knee bends within range of motion restrictions.
- Fit with Bledsoe medial aligner brace at 6-7 weeks to start at 8 weeks post-operatively (when knee immobilizer d/cd).

## **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 range of motion should be near normal.

## **Weeks 8-12:**

- 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 weeks).



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## **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.

*Note: Wear Bledsoe-type brace for  $\geq$  1 year for heavier activities, especially sports.*