



Mercy Sports Medicine Institute &  
Joint Preservation Center

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## **LATERAL / POSTERIOR LATERAL CORNER KNEE RECONSTRUCTION**

*Revised August 2008*

### **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 at 6-9 months post-op

***No contact sports until 6 months post-op***