

heekin orthopedic S P E C I A L I S T S

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LATERAL / POSTERIOR LATERAL CORNER KNEE RECONSTRUCTION (ISOLATED) PHYSICAL THERAPY PROTOCOL

Preoperative Guidelines

- Restore full AROM
- Teach normal heel-toe gait
- Strengthen involved extremity
- Decrease effusion
- Educate Patient on post-op protocol, use of crutches (level and stairs)

Note: Exercise prescription is dependent upon the tissue healing process and individual functional readiness in *all* stages. If any concerns or complications arise regarding the progress of any patient, physical therapy will contact the orthopedist.

Phase I (Post-op Days 1 – 14)

- No Hip ABD x 4 weeks**
- Brace – locked in extension
- Crutches – Touch WB
- Patellar mobilization (teach patient)
- AAROM, AROM 0-90 degrees
- Calf pumping and calf stretching
- Passive extension with heel on bolster or Prone hangs...gently
- Electrical stimulation in full extension with quad sets and SLR
- SLR x 3...No hip ABD (parallel bars if poor quad control)
- Well-leg** bicycle
- Ice pack with knee in full extension after exercise

Goals: SLR without extensor lag x 10, no increase in pain/effusion, AROM 0-0-90

Phase II (Weeks 3 – 4)

- No Hip ABD x 4 weeks**
- Brace – locked in extension
- Crutches – PWB
- Continue appropriate previous exercises and patellar mobilization
- Scar massage when incision healed

- AAROM, AROM 0-90 degrees
- SLR x 3 on mat – no resistance
- Double leg heel raises
- Stretches – HS, calf, Hip flexors
- Well-leg** bicycle

Goals: AROM 0-0-90, SLR x 30 with no extensor lag, normal patellar mobility

Phase III (Weeks 5 – 6)

- Brace – open to available range
- Crutches – WBAT (D/C when gait is WNL, SLR x 30 without lag)
- Continue appropriate previous exercises
- AAROM, AROM 0-110 degrees
- Standing SLR x 4 with Theraband bilaterally: well-leg and involved leg
 - May begin Hip ABD with Theraband if good LE control in full extension
- Mini squats in parallel bars no > 0-45 degrees
- Partial wall sits no > 45 degrees
- Leg press with light resistance 0-45 degrees
- Hamstring curls 0-45 degrees – closed chain (carpet drag, rolling stool)
- Single leg heel raises
- Stationary bike for ROM – No resistance
- Stretches – HS, calf, Hip flexors
- Pool therapy – exercises in **sagittal plane only**

Goals: ROM 0-0-110 degrees, No effusion, no incision restrictions/adhesions

Phase IV (Weeks 7 – 8)

- Brace – unlocked to full range
- Continue appropriate previous exercises
- PROM, AAROM, AROM
- Partial wall squats – No knee flexion past 45 degrees
- Forward, lateral, and retro step downs in parallel bars
 - No knee flexion past 45 degrees
- Proprioceptive training – single leg standing, double leg BAPS for weight shift,
 - progress to single leg BAPS, plyoback, and body blade
- Stationary bike for progressive resistance and time
- Stairmaster – low resistance with short steps only for 10-15 min
- Elliptical trainer
- Treadmill – backwards and forwards walking
- Stretches – HS, calf, Hip flexors, prone quads
- Pool therapy – chest deep running

Goal – Full ROM, Walk 1 mile at 15 min/mile pace

Phase V (Weeks 9 – 12)

- D/C brace
- Continue appropriate previous exercises with progressive resistance
- Progress balance/proprioceptive exercises.
- HS curls – open chain, progress as tolerated
- Treadmill – Walking approaching 15 min/mile pace
- Pool therapy – unrestricted
- Begin gym program...CKC exercises

- ITB stretch

Goal – Walk 2 miles at 15 min/mile pace

Phase VI (Months 3 –4)

- Continue appropriate previous exercises
- Functional activities – Fitter, slide board, figure 8s, gentle loops, large zigzags, shuffles
- Treadmill – Running progression program
- Begin light plyometrics

Goal – Run 2 miles at 50-75% pace (normal gait) without increase in pain or effusion

Phase VII (Months 5 – 6)

- Continue appropriate previous exercises
- Home/gym program
- Agility drills / Sports-specific drills/ Plyometrics Progression

Goals: Functional tests at least 90% of opposite leg to clear for sports and discharge (single leg hop and 12 meter hop for time), return to all activities,

No contact sports until 6 months post-op