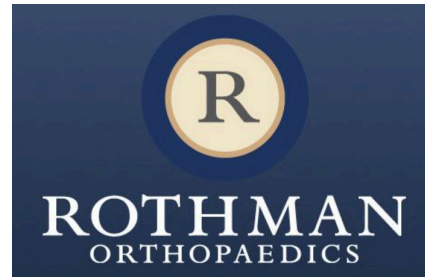


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### **Lateral Collateral Ligament Reconstruction Physical Therapy Protocol/Prescription**

Patient Name: \_\_\_\_\_

Surgery: Right/Left LCL Reconstruction

Date of Surgery: \_\_\_\_\_

Frequency: 1 2 3 4 times/week      Duration: 1 2 3 4 5 6 Weeks

#### **PHASE ONE: Weeks 1-6**

The patient will be in a post-op hinged knee brace with a 30° extension limit that will be maintained for at least 3 weeks and up to 6 weeks, at the physician's discretion. The brace is to be worn at all times.

The patient will be non-weight bearing (NWB) until the extension limit is released.

Keys during phase one:

\*Protect the new graft

\*Neuro-muscular quad control – use biofeedback on VMO

#### **EXERCISE GOAL:**

##### **RANGE OF MOTION**

30-90° Week 4

30-110° Week 6

Manual patella mobs – especially superior/inferior

Seated heel slides using towel

Supine heel slides at wall if needed

##### **STRENGTH AND NM CONTROL**

Perform in brace

Quad sets (10 x 10sec) - the more the better - at least 100/day

Glut and Hamstring isometrics

LAQ (90-30°)

Seated hip flexion

Multi-hip

##### **STRETCHING**

Hamstring stretch – hold 30 seconds; perform in brace

Gastroc stretch with towel – hold 30 seconds; in brace

##### **MODALITIES**

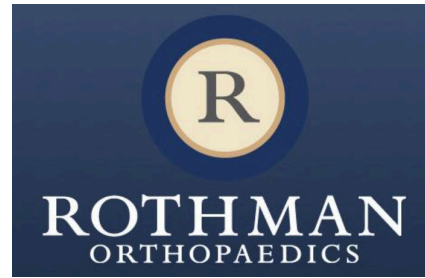
EMS may be needed to facilitate quad if contraction cannot be voluntarily evoked

EGS may be needed to help control swelling and increase circulation

Ice should be used following exercise and initially every hour for 20 minutes

\*Perform HEP 3X/Day

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## **PHASE TWO: Weeks 6-12**

By the end of this phase, the patient should ambulate with normal gait, have good quad control, controlled swelling, and be able to ascend descend stairs.

### **EXERCISE GOAL**

#### **RANGE OF MOTION**

Work slowly to full extension  
Knee flexion 0-120 by 8 weeks  
Full range by week 12  
Heel slides – seated and/or supine

#### **STRENGTH**

Quad sets are continued until swelling is gone and quad tone is good  
SLR (3 way) add ankle weights when ready  
Shuttle/Total gym – 30-100° - bilateral and unilateral; focus on weight distribution more on heel than toes to avoid overload on Patella tendon  
Multi-hip – increase intensity as able  
Closed chain terminal knee extension (TKE)  
Leg Press  
Step-ups – forward  
Step-over's  
Hamstring curls  
Wall squats  
Calf raises

#### **CARDIO**

Cycle when 110° of flexion is reached

#### **STRETCHING**

Continue with HS and calf stretching

#### **BALANCE**

Weight shifting – med/lat  
Single leg stance – even and uneven surface – focus on knee flexion  
Plyoball –

#### **GAIT**

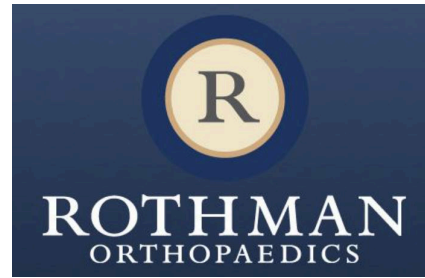
Cone walking – forward, lateral

#### **MODALITIES**

Continue to use ice following exercise

\*Pt may be measured for medial unloader that protects against varus and hyperextension

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## **PHASE THREE: Weeks 12-36**

### **EXERCISE GOAL**

#### **RANGE OF MOTION**

Full ROM should work to be achieved

#### **STRETCHING**

Continue with HS and calf stretch

Initiate quad stretch

#### **STRENGTH**

Continue with above exercises, increasing intensity as able

Step-ups – forward and lateral; add dumbbells to increase I; focus on slow, controlled movement during the ascent and descent

Squats – Smith press or standing (wk 8)

Lunges – forward and reverse; add dumbbells or med ball

T-band hip flexion

Single leg squats

Single leg wall squats

Cycle – increase intensity; single leg cycle maintaining 80 RPM

#### **BALANCE**

Plyoball – toss – even and uneven surface

Squats on balance board/foam roll/airex

Steamboats – 4 way; even and uneven surface

Strength activities such as step-ups and lunges on airex

#### **CARDIO**

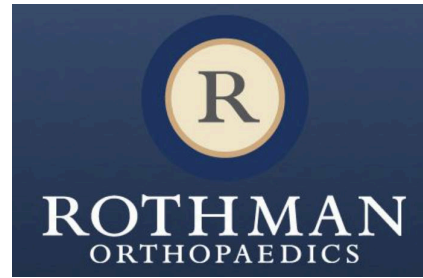
Cycle and EFX – increase intensity

#### **MODALITIES**

Continue to use ice after exercise

\*Continue with HEP at least 3X/week

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### **PHASE FOUR: Weeks 16-36**

Continue exercises for strengthening with focus on high intensity and low repetitions (6-10) for increased strength.

Initiate lateral movements and sports cord: lunges, forward, backward, or side-step with sports cord, lat step-ups with sports cord, step over hurdles.

#### **Jogging/Plyos:**

When cleared by the physician, the patient can begin light plyos and jogging at a slow to normal pace focusing on achieving normal stride length and frequency. Initiate jogging for 2 minutes, walking for 1 until this is comfortable for the patient and then progress the time as able. Jogging should first be performed on a treadmill or track (only straight-aways) and then progressed to harder surfaces such as grass and then asphalt or concrete. It is normal for the patient to have increased swelling as well as some soreness, but this should not persist beyond one day or the patient did too much.

Jump rope and line jumps can be initiated when the patient is cleared to jog.

This can be done for time or repetitions and should be done bilaterally and progressed to unilateral.

Jogging and plyos should be performed with brace on.

Advanced Plyos can include squat jumps, tuck jumps, box jumps, depth jumps, 180 jumps, cone jumps, broad jumps, scissor hops

Leg circuit: squats, lunges, scissor jumps on step, squat jumps

Power skipping

Bounding in place and for distance

Quick feet on step – forward and side-to-side – use sports cord

Progress lateral movements – shuffles with sports cord; slide board

Ladder drills

Swimming – all styles

Focus should be on quality, NOT quantity

Landing from jumps is critical – knees should flex to 30° and should be aligned over second toe. Controlling valgus will initially be a challenge and unilateral hops should not be performed until this is achieved.

Initiate sprints and cutting drills.

Progression: Straight line, figure 8, circles, 45° turns, 90° cuts

Carioca

Sports specific drills

Biodex test

Single leg hop test

Biodex goals:

Peak Torque/BW Males Peak Torque/BS females

60°/s (%) 110-115 80-95

180°/s (%) 60-75 50-65

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300°/s (%) 30-40 30-45

