

**Jeffrey Dean, MD
Orthopedic Surgeon**

**LATERAL / POSTERIOR LATERAL CORNER KNEE RECONSTRUCTION
(Rehabilitative Guidelines)**

Revised January 2003

Post-op Days 1 – 14

No Hip ABD 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 is resolved
Brace – locked in extension
Crutches – 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/hams
SLR x 3 (parallel bars if poor quad control)
Ice pack with knee in full extension after exercise

Goals – Pain/effusion control, Good quad control

Weeks 2 – 4

No Hip ABD Brace – locked in extension
 Crutches – 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)
 SLR x 3 on mat – no resistance
 Double leg heel raises
 Stretches – HS, AT, Hip flexors

Goals – 0-90 degrees, No extensor lag

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Weeks 4 – 6

Brace – open to available range
Crutches – WBAT (D/C when gait is WNL)
Continue appropriate previous exercises
AAROM, AROM 0-110 degrees
Standing SLR x 4 with Theraband bilaterally
 – May begin Hip ABD with Theraband if good LE control in full extension
Total Gym to start closed chain activity
 – Mini squats (level 3-5) – No flexion > 45 degrees
Mini squats in parallel bars
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
Pool therapy – exercises in **sagittal plane only**

Goals – 0-110 degrees, No effusion

Weeks 6 – 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, ball toss, and body blade
Knee extension 90-30 degree
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
Pool therapy – chest deep

Goal – Full ROM

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Weeks 8 – 12

D/C brace
Continue appropriate previous exercises with progressive resistance
HS curls – open chain
Knee extension through full range
Treadmill – Walking approaching 15 min/mile pace
Pool therapy – unrestricted
Begin gym program
ITB stretch

Goal – Walk 2 miles at 15 min/mile pace

Months 3 – 4

Continue appropriate previous exercises
Functional activities – Fitter, slide board, figure 8s, gentle loops, large zigzags
Treadmill – Running progression program
Quad stretches

Goal – Run 2 miles at normal pace

Months 4 – 6

Continue appropriate previous exercises
Home/gym program
Agility drills / Plyometrics
Sit-up progression

Goals

Return to all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op

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Reference: Cooper DE. Treatment of Combined Posterior Cruciate Ligament and Posterolateral Injuries of the Knee. Operative Techniques in Sports Medicine, Vol 7, No 3 (July), 1999: pp 135-142.