



# Travis C. Burns, MD

Sports Medicine and Shoulder Reconstruction  
Arthroscopic Shoulder, Hip, and Knee Surgery

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## KNEE DISLOCATION – LATERAL INJURY (LCL)

### General Guidelines

- Obtain full extension within 2 weeks after surgery
- Crutches for 6 weeks, non weight bearing
- Long leg knee brace for 8 weeks
- Knee range of motion 0-90 for 6 weeks
- No stressing lateral side of knee with abduction exercises for 3 months
- Return to sports at 12 months

### Post-op Days 1 – 14

**Goals:** Full passive extension and flexion to 45 degrees, obtain good quad control

- POD 2: Change dressing, keep wound covered, continue TED Hose
- POD 10-14: Sutures out, D/C TED Hose when effusion resolved
- Crutches – NWB 6 weeks

#### **Therapy:**

Brace – Locked in extension x 2 weeks

Crutches – Flat foot weight bearing (FFWB) in brace

**No AROM or Stationary bike x 6 weeks**

Passive range of motion (PROM) 0-45 Patellar mobilization

Calf pumping

Passive extension to 0 degrees, **No hyperextension**

– **Calf** (not heel) on bolster or prone hangs **with tibia supported**

Electrical stimulation in full extension with quad sets and SLR

Quad sets, Co-contractions quads / HS

Straight leg raise (SLR) x 4 on mat **in brace** (parallel bars if poor quad control)

Ice pack with knee in full extension after exercise

### Weeks 2 – 4

**Goals:** ROM 0-60 degrees, no extensor lag

#### **Therapy:**

Brace – locked in extension during ambulation, 0-60 with therapy

Crutches – NWB

Continue appropriate previous exercises

Active assisted range of motion (AAROM) by patient 0-460 degrees

**No AROM or Stationary bike x 6 weeks**

Scar massage when incision healed

Weight shifts, Mini squats 0-30 degrees, in brace (supported in parallel bars)  
Stretches –hip flexors, Hamstring with leg supported in brace  
**(NO stressing lateral side of knee with abduction exercises)**

### **Weeks 4 – 6**

**Goals:** ROM 0-90 degrees

#### **Therapy:**

Brace – Open to available range if pt has good quad control

– Not to exceed 60 degrees

Crutches – PWB, progress to weight bearing as tolerated (WBAT) Continue appropriate previous exercises

AAROM by patient 0-60 degrees

No AROM or Stationary bike x 6 weeks

Multi-angle Co-contractions quads / Hamstring at 0, 20, 40, 60 SLR x 3 directions on mat without brace (**no ABD**) – No resistance

Mini squats 0-45 degrees, supported in parallel bars

Double leg heel raises

### **Weeks 6 – 8**

**Goal:** Full ROM, normal gait

#### **Therapy:**

Brace – Continue until 8 weeks post-op

Crutches – weight bearing as tolerated (WBAT), D/C when gait is normal

Continue appropriate previous exercises

PROM, AAROM, AROM 0-90 degrees

Limited arc open chain quad extension 75-60 degrees, light weight Partial wall squats – No knee flexion past 45 degrees

Forward, lateral, and retro step downs in parallel bars

– No knee flexion past 45 degrees (small step)

SLR x 3 (no ABD) with light weight below knee – No ADD if MCL involved

Single leg heel raises

Leg press with resistance no more than 1/4 body weight – No knee flexion past 45 degrees

Stationary bike to assist with range of motion

Treadmill – Forward walking

### **Weeks 8-10**

**Goal:** Full ROM,

#### **Therapy:**

Continue appropriate previous exercises

PROM, AAROM, AROM 0-115 degrees

Leg press with resistance no more than 1/2 body weight

Hamstring curls – Carpet drags or rolling stool (closed chain)  
Hip machine x 4 bilaterally – Including ABD (and ADD)  
Proprioceptive training – Single leg standing in parallel bars –  
Double leg BAPS for weight shift Stationary bike with minimal resistance  
Elliptical trainer  
Treadmill – Forwards and backwards walking  
Pool therapy – Walking / running (no kicking)

### **Weeks 10-12**

**Goals:** Full AROM

#### **Therapy:**

Continue appropriate previous exercises  
PROM, AAROM, AROM to regain full motion  
Standing SLR x 4 with Theraband bilaterally  
Leg Press 0-90 degrees with resistance as tolerated  
Proprioceptive training – Single leg BAPS, ball toss and body blade Stationary  
bike for progressive resistance and time  
Treadmill – Walking progression program

### **Months 3 - 4**

**Goals:** Walk 2 miles at 15 min/mile

#### **Therapy:**

Sports Brace (per Ortho)  
Continue appropriate previous exercises with progressive resistance Leg press  
with single leg, no > 90 degrees  
Hamstring curl weight machine 0-90 degrees, light resistance < 1/4 body weight  
Knee extension weight machine 0-90 degrees as tolerated  
Fitter, Slide board, Swimming

### **Months 4 - 6**

**Goals:** Walk 3 miles at 15 min/mile

#### **Therapy:**

Continue appropriate previous exercises  
Sit-up progression  
Treadmill – Continue speed walking, no running yet Stretches – Quads, ITB  
Transition to home / gym program

### **Months 6 - 12**

**Goals:** Return to all activities, return to sports after 12 months

#### **Therapy:**

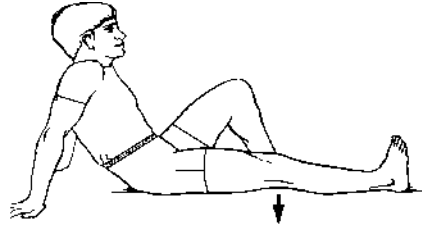
Continue appropriate previous exercises  
Agility drills / Plyometrics  
Treadmill – Running progression program

Transition to home / gym program

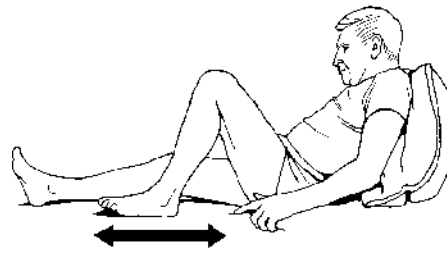
## Knee Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day

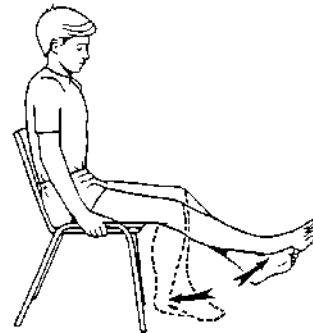
**Quad Isometrics**



**Heel Slides**



**Active Assisted Motion**



**Ice Position 15  
minutes 2-3 x per day**

