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KNEE DISLOCATION – MEDIAL INJURY (MCL)

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 medial side of knee with adduction 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 medial side of knee with adduction 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 ADD**) – 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

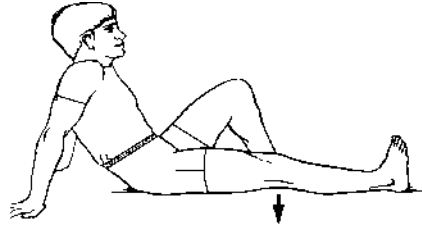
Therapy:

Continue appropriate previous exercises
Agility drills / Plyometrics
Treadmill – Running progression program
Transition to home / gym program

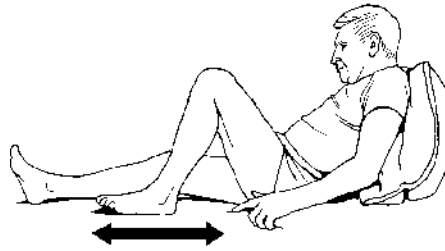
Knee Post Op Phase 1

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**

