

LCL Post-Operative Rehabilitation (allograft, autograft)

ROM Restrictions: ____ ext. to ____ flex.

Brace Settings: ____ ext. to ____ flex.

Weight Bearing Status: NWB, TTWB, PWB, WBAT

Brace at 30 degrees for 6 weeks non-weight bearing

PHASE I EXERCISES (Weeks 2 through 6)

- Use modalities to control inflammation
- Hamstring sets-NONE *No Active hamstring for 12 weeks*
- Patellar mobilizations/quadrant and patellar tendon mobilization (emphasize)
- ROM 30-90 degrees weeks 3-4 then slowly increase to 0-120 for weeks 5-6 in brace or with valgus stress PASSIVE only
- Ok to do active ROM of hip with brace on

CARDIOVASCULAR EXERCISE

- Bike and row single well leg (weeks 3-6)
- Both leg bike no resistance (begin at 8 weeks)
- Bike with resistance at 14 weeks
- Elliptical trainer (begin at 14 weeks)
- Rowing (begin at 14 weeks)
- Stair stepper (begin at 14 weeks)
- Treadmill incline 7-12% very slow pace (begin at 12 weeks)

PHASE II (begin after 6 weeks)

- Begin weight bearing with **medial unloader brace** at all times
- Work on full ROM active and passive (NO Hyperextension and active knee flexion with gravity assist)
- Double knee bends (weeks 8 to 12)
- Carpet drags (12 weeks on)
- Single knee bends (begin at week 10)
- Side to side lateral motion (begin at 12 weeks)

PHASE III- (begin after 14 weeks)

ROM

- Full active and passive ROM

Strengthen

- Pool Running at 16 weeks
- advance cardio with no running
- step-up progression
- Leg press to 90 degrees
- Leg curls-extend to neutral only
- Abduction above the knee/adduction
- Balance squats and proprioception drills
- Mini squats with bar

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*no open chain extensions

PHASE IV- HIGH LEVEL ACTIVITIES (week 20+)

- Full Strengthening program
- Begin straight plane running
- Multidirectional agility drills and plyometric from bilateral to unilateral at 24 weeks
- functional knee brace to play
- Sport Test for full return to play at 28 weeks

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