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## **LATERAL COLLATERAL LIGAMENT RECONSTRUCTION/REPAIR REHABILITATION**

### **General considerations:**

- Non weight bearing for 4 weeks- brace locked in extension when ambulating
- Hinge knee brace
- Early emphasis on achieving full passive terminal extension equal to the opposite side.
- No resisted knee flexion exercises for 8 weeks postop. Passive flexion okay.
- Patella mobility
- All times are approximate with actual progression based upon clinical presentation.
- **No VARUS STRESS throughout rehab.**

### **Week 1:**

- Gait training, pain and edema control, and muscle stimulation as needed for quadriceps recruitment.
- Ankle pumps, quad sets, and leg raises into flexion and adduction only.
- Well-leg stationary bike and UBE for cardiovascular. Upper body weight machines and trunk exercises.

### **Weeks 2-4:**

- Passive flexion and extension stretching.
- Prone hip extension exercises performed in full knee extension only after 2 weeks.
- Submaximal quad and gluteal isometrics.
- Standing calf and hip exercises.
- Balance and proprioception exercises.
- Swimming and pool workouts as soon as incisions are well-healed.

### **Weeks 4-6:**

- Introduce mild isometric resisted knee extension
- Short range squats/knee bends

### **Weeks 6-8:**

- Gradually increase the depth of knee bends, step exercises, and proprioceptive exercises.
- Introduce hamstring curls against gravity without resistance after 7 weeks. Focus on eccentrics.
- Continue to increase the intensity and resistance of other exercises.
- Passive range of motion should be near normal.

### **Weeks 8-12:**

- Wean off the use of the brace for activities of daily living (12 weeks).
- Begin hamstring flexion exercises against light resistance – increase as tolerated.

- Cautiously add lateral training exercises (i.e., lateral stepping, lateral step ups) (12 weeks).

**Weeks 12-16:**

- Goals are to increase strength, power, and cardiovascular conditioning.
- Sport-specific exercises and training program.
- Maximal eccentric focused strengthening program.
- Begin light running program as able to demonstrate good strength and mechanics.

**4-6 months:**

- Goals are to develop maximal strength, power, and advance to sporting activities.
- Resisted closed-chain rehabilitation through multiple ranges.
- Running program, balance drills, and agility program.
- Initiate plyometrics training as able to demonstrate adequate strength and proper mechanics.

Note: Wear Bledsoe-type brace for  $\geq 1$  year for heavier activities, especially sports.