

Robert Kollmorgen DO

MEDIAL COLLATERAL LIGAMENT REPAIR / RECONSTRUCTION

Revised August 2008

Post-op Days 1 – 14

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 resolved
Brace x 8 weeks – Locked in extension for ambulation
Crutches – Non-weight bearing (NWB) in brace
Patellar mobilization (teach patient)
Calf pumping
AAROM, AROM 0-90 degrees
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
Straight leg raise (SLR) x 3 on mat in brace – **No ADD**
Short arc quads

No stationary bike x 6 weeks

Ice pack with knee in full extension after exercise

Goals

Pain/effusion control
Good quad control

Weeks 2 – 4

Brace x 8 weeks – Open to 0-45 degrees
Crutches – PWB in brace
Continue appropriate previous exercises
Scar massage when incision healed
AAROM, AROM 0-90 degrees only
Total Gym for ROM (level 1-3)
– Passive flexion to 90 degrees (push up with opposite leg)
SLR x 3 on mat, no brace if good quad control – **No ADD**
Double leg heel raises

No stationary bike x 6 weeks

Stretches – Hamstring, Hip Flexors, ITB

Goals

ROM 0-90 degrees
No extensor lag

Robert Kollmorgen DO

Weeks 4 – 6

Brace x 8 weeks – Open to 0-90 degrees

Crutches – PWB in brace

Continue appropriate previous exercises

AAROM, AROM 0-120 degrees

Standing SLR x 3 with light Theraband bilaterally

– May begin Hip ADD with Theraband if good LE control in full extension

Total Gym (level 3-5)– Mini squats 0-45 degrees

– Passive flexion to 90 degrees (push up with opposite leg)

Leg press 0-45 degrees with resistance up to ¼ body weight

Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)

No stationary bike x 6 weeks

Goals

ROM 0-120 degrees

No effusion

Weeks 6 – 8

Brace – Open to full range

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

Continue appropriate previous exercises

PROM, AAROM, AROM to regain full motion

Standing SLR x 4 with light Theraband bilaterally

Wall squats 0-45 degrees

Leg press 0-60 degrees with resistance up to ½ body weight

Hamstring curls through full range – Carpet drags or rolling stool

Forward, lateral and retro step downs in parallel bars

– No knee flexion past 45 degrees (small step)

Proprioceptive training – Single leg standing in parallel bars

– Double leg BAPS for weight shift

Single leg heel raises

Treadmill – Forwards and backwards walking

Stationary bike – Progressive resistance and time

Elliptical trainer

Goal – Full ROM

Weeks 8 – 12

D/C Brace

Continue appropriate previous exercises with progressive resistance

Leg press 0-90 degrees with resistance as tolerated

Hamstring curls on weight machine

Knee extension weight machine

Forward, lateral and retro step downs (medium to large step)

Proprioceptive training – Single leg BAPS, ball toss and body blade

– Grid exercises

Robert Kollmorgen DO

Continued on following page

Treadmill – Walking progression program

Stairmaster – Small steps

Pool therapy

Goal – Walk 2 miles at 15 min/mile pace

Months 3 – 4

Continue appropriate previous exercises

Fitter

Slide board

Functional activities – Figure 8s, gentle loops, large zigzags

Treadmill – Running progression program

Pool therapy – Swimming laps

Quad stretches

Goal – Run 2 miles at easy pace

Months 4 – 6

Continue appropriate previous exercises

Agility drills / Plyometrics

Sit-up progression

Running progression to track

Transition to home / gym program

Goals

Return to all activities at 6 months post-op

No contact sports until 6 months post-op