



ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY

Charles C. Lind, MD
LCL Reconstruction
Post-Operative Protocol

Phase I – Maximum Protection (Weeks 0 to 6):

0 to 2 Weeks:

- Brace locked at 30° at all times for six weeks
- Ice and modalities to reduce pain and inflammation
- Use crutches non-weight bearing for 6 weeks.
- Range of Motion
 - Begin aggressive patella mobility
 - ROM 30- 90° WITH VALGUS STRESS APPLIED
 - Quadriceps setting, focusing on VMO
 - Multi-plane straight leg raising

Weeks 2 to 6:

- Continue with program outlined above
 - Range of Motion
 - Full knee extension (NO HYPEREXTENSION); limit flexion to 90° until week 4)

Phase II – Progressive Stretching and Early Strengthening (Weeks 2 to 6):

Weeks 6 to 12:

- Continue with modalities to control inflammation
- May begin to progressively increasing weight bearing IN MEDIAL UNLOADER BRACE (to be worn AT ALL TIMES when weight bearing)
 - Range of Motion
 - Full knee extension (no hyperextension)
 - Knee flexion to 120°, progress as tolerated
 - Exercises
 - Continue with phase I exercise
 - Bilateral closed kinetic chain squatting
 - Multi-plane open and closed kinetic chain hip strengthening
 - Step-up progression
 - Stationary biking
 - Pool program; focus on ROM
 - Proprioception drills

Weeks 12 to 16:

Range of Motion

- Full knee flexion and extension

Exercises

- Advance strengthening program progressing to unilateral as tolerated
- Increase intensity of stationary bike program may add treadmill walking
- Advance intensity of pool program; focus on strengthening.

Phase III – Advanced Strengthening and Proprioception Phase (Weeks 6 to 12):

Weeks 16 to 20:

Range of Motion

-Full knee flexion and extension with terminal stretch

Exercises

-Advance cardiovascular program; no running

-Increase intensity of closed kinetic chain exercises

-Advance proprioception drills

-Initiate gym strengthening progressing from bilateral to unilateral as tolerated

Leg press, squats, partial lunges, hamstring curls, ab/adduction, calf raises

-Increase intensity of bike and walking program, may add elliptical trainer

Weeks 16 to 20:

➤ May begin a pool running program

Phase IV – Advance Strengthening and Plyometric Drill Phase (Weeks 20 to 24):

Weeks 20 to 24:

➤ Implement a full gym strengthening program; including leg extensions at 30° - 0°, progressing to full range as PF arthrokinematics normalize

➤ Begin straight plane running

➤ Begin controlled lateral functional cord drills

Phase V – Return to Sport and Functional Drills Phase (Weeks 24 to 32):

Weeks 24 to 28:

➤ Continue with aggressive lower extremity strengthening, cardiovascular training, and flexibility

➤ Implement multidirectional agility drills

➤ Begin plyometric drills from bilateral to unilateral as tolerated

Weeks 28 to 32:

➤ Follow-up examination with the physician

➤ Brace fitting for functional knee brace

➤ Sports test for return to competition