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MCL/LCL Reconstruction

Week 0-4 Post Op

Appointments:

- 3-5 days post-op: MD check / Initial Physical Therapy Appointment
- MD check at 2 weeks post-op
- Physical therapy as needed based on evaluation (1-2 times per week)

Wound Care:

- If applicable, sutures out at 10-14 days post op

Weight bearing:

- TTWB in brace for four weeks

Treatment Strategies:

- ROM: no restrictions
- Home exercises: Basic knee Exercises: Quad sets, short arc quads, knee squeeze, straight leg raise, resisted plantar flexion. Progress ROM as able
- Clinical exercises:
 - OKC knee extension, flexion, calf raises
 - CKC—weight shifting progression, leg press, terminal knee extension with tubing, ¼ squats etc.
- Bike, or Pool for ROM and weight bearing progression once wounds heal
- Walking in the pool OR AlterG walking after 1st 2 wks to help with progression from TTWB to FWB.

Week 5-10 Post Op

Appointments:

- MD check at 6 weeks post-op and every 4-6 weeks thereafter.
- Rehabilitation based on patient progress (1+ times per week, progressing to as needed every 1 to 2 weeks)

Weight bearing:

- Progress to FWB in brace at 6-7 weeks and out of brace as quad strength allows

Treatment Strategies:

- ROM: Work towards full ROM
- Progress CKC and OKC activities: increase weights, step up/down, squats, sport cord exercises
- Progressive hip strengthening: standing with VL, 4 way hip
- Progress to non-impact single leg balance activities as tolerated
- Non-impact core exercise progression, hip exercises with stable pelvis
- Stretching for patient specific muscle imbalances

- Continue with non-impact endurance training: UBE, stationary bike, swimming (no frog kick), deep water running, walking progression, elliptical / cross trainer.
- Replicate sport or work specific energy demands
 - ALTER G Running 60%, gradually progress WB

Week 10-12+ Post Op

Appointments:

- MD check every 4-6 weeks
- Rehabilitation based on patient progress
- Biodex at 4 months post op or as strength allows

Treatment Strategies:

- ROM: Full ROM
- Progress CKC and OKC activities
- Progress to pre-running exercise as indicated by PT assessment
 - o Single leg squats, Quick feet step up, jump downs from step, alternate easy hops L/R (with offloading as needed – on shuttle or leaning on counter or parallel bars)
- Early plyometrics with off loading as needed.
- Dynamic exercises progressing from single to multi-plane
- Sport specific drills within impact guidelines and patient ability
- Progress to agilities per Biodex results and strength allows (about 4 months post op)