



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

LATERAL COLLATERAL LIGAMENT (LCL) RECONSTRUCTION POST-OPERATIVE PROTOCOL

PHASE I – MAXIMUM PROTECTION:

WEEKS 0-2:

- Brace locked at 20°. Physician will open brace to full range of motion at first post-op clinic visit. Brace to be worn at all times, especially while ambulating.
- Use crutches non-weight bearing for 6 weeks.
- Ice and modalities to reduce pain and inflammation
- 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 2-6:

- Continue with program outlined above:
- Range of Motion: Full knee extension (NO HYPEREXTENSION); flexion limited as follows:
 - Weeks 2-4: ROM 0-90°
 - Weeks 4-6: ROM 0-120°

PHASE II – PROGRESSIVE STRETCHING AND EARLY STRENGTHENING:

WEEKS 6-12:

- Continue with modalities to control inflammation
- At week 6, 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)
 - Progress to full range of motion 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 12-16:

- 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.



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PHASE III – ADVANCED STRENGTHENING AND PROPRIOCEPTION PHASE:

WEEKS 16-20:

- Follow-up examination with the physician, with functional knee brace fitting in clinic
- 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
 - May begin a pool running program

PHASE IV – ADVANCE STRENGTHENING AND PLYOMETRIC DRILL PHASE:

WEEKS 20-24:

- 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 24-28

- Continue with aggressive lower extremity strengthening, cardiovascular training, and flexibility
- Implement multidirectional agility drills
- Begin plyometric drills from bilateral to unilateral as tolerated
- Sports test for return to competition at 5-6 months, depending on patient progress