

Sports Injury and Joint Replacement Surgery for the Hip and Knee

LATERAL COLLATERAL LIGAMENT (LCL) RECONSTRUCTION POST-OPERATIVE PROTOCOL

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

- Brace locked at 0° 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 0- 90° out of brace with no varus stress
 - » Quadriceps setting, focusing on VMO
 - » Multi-plane straight leg raising

Phase II - Progressive Stretching and Early Strengthening (Weeks 6 to 16):

Weeks 6 to 12:

- Continue with modalities to control inflammation
- May begin to progressively increasing weight bearing IN BRACE with set on full ROM (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 16 to 20):

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
- 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°
- 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

Do you still have a question about your recovery that has not been answered within this document?

Please contact Dr Awwad's office prior to your surgical date at: awwadadmin@orthosa.com.au

Sometimes we may miss a question that is important to you. If so, please feel free to email us your feedback so that we can improve our service to you and future patients – awwadadmin@orthosa.com.au



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APPOINTMENTS AND ENQUIRIES

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Ask **Dr Awwad** to clarify your restrictions prior to surgery to avoid disappointment.