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 $30^\circ - 0^\circ$, 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