

## Physical Therapy Prescription LCL / PLC Repair

**Patient Name:**

**Date:**

**Surgery Date:**

**Dx: s/p ( LEFT / RIGHT ) LCL / PLC Repair**

### WEEKS 0-2 – Avoid all varus load

- \* Brace on at all times – use crutches
- \* CPM / passive motion only with flexion 0 to 90 degrees during first two weeks after surgery
- \* Anti-inflammatory modalities to knee daily
- \* Cryotherapy
- \* Straight leg raises daily (up to 300-500 reps) in the brace
- \* Non-weight bearing at all times in the brace
- \* Electrical Stimulation to Quad if poor control
- \* **Brace on at all times through week 12**

### WEEKS 2-6 – Avoid all varus load

- \* Brace on at all times – use crutches
- \* Advance passive and passive-assisted range of motion as tolerated with goal of full flexion by week 6
- \* Anti-inflammatory modalities to knee daily
- \* Cryotherapy
- \* Straight leg raises daily (up to 300-500 reps) in the brace
- \* May begin weight bearing with brace locked in extension
- \* Electrical Stimulation to Quad if poor control
- \* **Brace on at all time through week 12 – continue crutches through week 6**

### WEEKS 6-12 – Avoid all varus load

#### **May change to small brace at this point**

- \* Active motion as tolerated
- \* Quadriceps re-education (electrical stim, biofeedback).
- \* Isometrics at 60° flexion / Straight leg raises
- \* Patellar mobilization
- \* Weight bearing: Begin weight-bearing with no motion restrictions and advance as tolerated IN SMALL BRACE
- \* Cryotherapy
- \* Stationary bike - minimal resistance up to 20 minutes (start with short crank)
- \* Leg press at 25% body weight from full extension to 70 degrees of knee flexion only
- \* Continue Anti-Inflammatory Modalities
- \* Begin CKC strengthening progressing to full arc
- \* Sagittal plane motion only, no lateral motions or pivoting
- \* Goal: Full range of motion and normal gait pattern by 3 to 4 months
- \* **Brace on at all time through week 12**

## Physical Therapy Prescription LCL / PLC Repair

### WEEKS 12-24

- Closed chain quadriceps strengthening in 90 deg arc (leg press, squats, etc.)  
Hip Strengthening
- Hamstring (isometric only / may work at different knee angles, Adductor, Achilles strengthening
- Hamstring, Achilles Tendon stretching
- Patellar Mobilization
- Quadriceps isotonic - full arc for closed chain
- Begin functional exercise program
- May begin lateral movements
- OK to walk on treadmill (forward) & slow retrostep
- Continue isolated muscle stretching & strengthening
- Continue bike
- May begin jogging at 12-14 weeks if eccentric step down is symmetric

### WEEKS 24-40

- Full arc progressive resistance exercises - emphasize quads
- Agility drills
- Advanced functional exercises
- Progress running program - cutting
- Isokinetic test at 60°/second, 180°/second, 240°/second
- Begin running program if quad control present

**Frequency & Duration:** (circle one) 1-2 2-3 x/week for \_\_\_\_\_ weeks

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **M.D.**