

Physical Therapy Prescription LCL / PLC Repair

Patient Name:

Date:

Surgery Date:

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

WEEKS 0-2

- * 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

- * 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
- * Non-weight bearing at all times in the brace
- *Electrical Stimulation to Quad if poor control
- *Brace on at all time through week 12 – continue crutches through week 6**

WEEKS 6-12

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 Partial weight-bearing and advance as tolerated IN BRACE
- * Cryotherapy
- * Closed chain 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

- * Goal: Full range of motion and normal gait pattern by 3 to 4 months
- *Brace on at all time through week 12**

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WEEKS 12-24

- Closed chain quadriceps strengthening in 90 deg arc (leg press, wall slides)
Hip Strengthening
- Hamstring (isometric only), Adductor, Achilles strengthening
- Hamstring, Achilles Tendon stretching
- Patellar Mobilization
- Quadriceps isotonic - full arc for closed chain. Open chain: 90° - 40° arc.
- Begin functional exercise program
- Isokinetic quadriceps with distal pad
- OK to walk on treadmill (forward) & slow retrostep
- Continue isolated muscle stretching & strengthening
- Continue bike

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.