

# Palmetto Health USC

## ORTHOPEDIC CENTER

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### LCL RECONSTRUCTION

#### **I. Phase One – Immediate Post-Operative Phase (Day 1 – 13)**

Goals: Restore full passive knee extension  
Diminish joint swelling and pain  
Restore patellar mobility  
Gradually improve knee flexion  
Re-establish quadriceps control  
Restore independent ambulation

#### **Week 0-2**

- Brace
  - Long leg hinged brace locked from 0-40 with compression wrap
  - Sleep in brace
- Weightbearing
  - Two crutches with partial weightbearing
- Range of Motion
  - Range of motion 0-40
- Exercises
  - Ankle pumps
  - Isometric and Isotonic exercises as tolerated
  - Avoid hyperextension and varus stresses
- Ice and elevation every 20 minutes of each hour with knee in extension

#### **Week 2-4**

- Brace
  - Continue use of long leg hinged brace locked at 0-90
- Weightbearing

- Two crutches: gradually increase WB to 50% by day 7; 75% by day 12
- Range of Motion
  - 0-90
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- Exercises
  - Continue previous exercises
- Continue use of ice, elevation and compression

## **II. Phase Two – Maximum Protection Phase (Week 4-12)**

### **Criteria to Enter Phase Two:**

- Good quad control (ability to perform good quad set and SLR)
- Full passive knee extension
- PROM 0-90 degrees
- Good patellar mobility
- Minimal joint effusion

Goals:       Control deleterious forces to protect grafts  
              Nourish articular cartilage  
              Decrease swelling  
              Decreased fibrosis  
              Prevent quad atrophy  
              Initiate proprioceptive exercises

### **Week 4-6**

- Brace
  - Continue use of long leg hinged brace locked 0- tolerance
- Weightbearing
  - As tolerated: approximately 75% body weight
- Range of Motion
  - Continue to perform passive ROM 5-6x daily
- Exercises
  - Continue isometric and isotonic exercises to tolerance
- Continue use of ice, elevation and compression

### **Week 6-12**

- Discontinue use of crutches week 6
- Convert to Functional Brace
- Range of Motion progress to 115 degrees