

**Ronak M. Patel, MD**  
**LCL Repair/Reconstruction Rehabilitation Protocol**

	<b>Goals and Benchmarks</b>	<b>WB Status</b>	<b>Rehabilitation Guidelines</b>
<b>Phase I</b> Weeks 0-2	Initial PT Visit post-op day 1-7 Dressing change if requested by MD Good quad control; focus on full extension Flexion: 0-90° (max) Patellar Mobilization	NWB x 6 weeks in Hinged Knee Brace; Locked in Extension	Quad sets SLRs - 4 direction hip (in brace until able to perform without lag) Quad re-ed with Estim if needed Patellar mobs: medial-lateral first, followed by superior-inferior Flexion/Extension – Seated – No wall slides first 2 weeks Sit and reach for hamstrings (towel) Ankle Pumps
	<b>2 wks: SLR no lag</b>		
Weeks 3-6	Maintain full knee extension Minimal swelling/effusion	NWB x 6 weeks in Hinged Knee Brace; Locked in Extension	Continue Phase I Guidelines from Above Flexion/Extension – Seated AND wall slides
	<b>Progress to full PROM</b>		
<b>Phase II</b> Weeks 7-11	No more than trace joint effusion, 0/10 pain Full ROM (equal bilateral)	Full	Continue Phase I, Add: Toe and heel raises Bike with both legs – no resistance
	<b>Progress to WBAT, Discontinue brace when quadriceps strength adequate for gait</b>		<b>8 weeks: Balance series Limited Leg Press-Double leg Double knee bends Beginning Cord Exercises Reverse Lunge – Static Hold</b>
			<b>9 weeks: Bike with both legs – resistance, Aquajogging, Treadmill – 7% incline, Swimming with fins</b>
			<b>10 weeks: Balance squats, Deadlift, Leg Press – single leg, Double Leg Bridges</b>
<b>Phase III</b> Weeks 12-19	Full ROM, 0/10 pain, No joint effusion	Full	<b>12 weeks: Elliptical Trainer, Rowing</b>
			<b>16 weeks: Hamstring, Stair Stepper</b>
<b>Phase IV</b> Weeks 20-36	Return to functional activities without pain or instability	Full	<b>20 weeks: Running Progression, Initial – single plane agility exercises, 24 weeks: Agility: Advance multi-directional, Functional sports test; Golf 36 weeks: Skiing, Basketball, tennis, football, soccer</b>

\*Avoid posterior tibial sag, avoid tibial external rotation x 4 months

\*Hold open chain hamstring exercise x 4 months