GALLAND/KIRBY KNEE DISLOCATION RECONSTRUCTION
LCL and/or CHRONIC POST-SURGICAL REHABILITATION
PROTOCOL

POST-OP DAYS 1 – 14

• Dressing:
  – POD 1: Debulk dressing, TED Hose in place
  – POD 2: Change dressing, keep wound covered, continue TED Hose
  – POD -10: Sutures out, D/C TED Hose when effusion resolved
• Brace – Locked in extension x 4 weeks
• Crutches – Flat foot weight bearing (FFWB) in brace
• **No AROM or Stationary bike x 6 weeks**
• Passive range of motion (PROM) 0-45
• Patellar mobilization
• Calf pumping
• Passive extension to 0 degrees, **No hyperextension**
  – Calf (not heel) on bolster or prone hangs with tibia supported
• Electrical stimulation in full extension with quad sets and SLR
• Quad sets, Co-contractions quads / HS
• Straight leg raise (SLR) x 4 on mat in brace (parallel bars if poor quad control)
• Ice pack with knee in full extension after exercise

GOALS

• PROM 0-45 degrees
• Good quad control

Weeks 2 - 4

• Brace – Locked in extension x 4 weeks
• Crutches – Partial weight bearing (PWB) in brace
• Continue appropriate previous exercises
• Active assisted range of motion (AAROM) by patient 0-45 degrees
• **No AROM or Stationary bike x 6 weeks**
• Scar massage when incision healed
• Weight shifts, Mini squats 0-30 degrees, in brace (supported in parallel bars)
• Stretches – hip flexors, Hamstring with leg supported in brace

**GOALS**
• AAROM 0-45 degrees
• No extensor lag

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**WEEKS 4 - 6**
• Brace – Open to available range if pt has good quad control
• Not to exceed 60 degrees
• Crutches – PWB, progress to weight bearing as tolerated (WBAT)
• Continue appropriate previous exercises
• AAROM by patient 0-60 degrees
• **No AROM or Stationary bike x 6 weeks**
  • Multi-angle Co-contractions quads / Hamstring at 0, 20, 40, 60
  • SLR x 3 directions on mat without brace (no ABD) – No resistance
    – No ADD if MCL involved
• Mini squats 0-45 degrees, supported in parallel bars
• Double leg heel raises

**GOAL**
• AAROM 0-60 degrees

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**WEEKS 6 - 8**
• **D/C Brace**
• Crutches – weight bearing as tolerated (WBAT), D/C when gait is normal
• Continue appropriate previous exercises
• PROM, AAROM, AROM 0-90 degrees
• Limited arc open chain quad extension 75-60 degrees, light weight
• Partial wall squats – No knee flexion past 45 degrees
• Forward, lateral, and retro step downs in parallel bars
  – No knee flexion past 45 degrees (small step)
• SLR x 3 (no ABD) with light weight below knee – No ADD if MCL involved
• Single leg heel raises
• Leg press with resistance no more than ¼ body weight
  – No knee flexion past 45 degrees
• Stationary bike to assist with range of motion
• Treadmill – Forward walking
GOALS
• Active range of motion (AROM) 0-90 degrees
• Normal gait

WEEKS 8 - 10
• Continue appropriate previous exercises
• PROM, AAROM, AROM 0-115 degrees
• Leg press with resistance no more than ½ body weight Hamstring curls – Carpet drags or rolling stool (closed chain)
• Hip machine x 4 bilaterally – Including ABD (and ADD)
• Proprioceptive training – Single leg standing in parallel bars
  – Double leg BAPS for weight shift
• Stationary bike with minimal resistance
• Elliptical trainer
• Treadmill – Forwards and backwards walking
• Pool therapy – Walking / running (no kicking)

GOAL
• AROM 0-115

WEEKS 10 - 12
• Continue appropriate previous exercises
• PROM, AAROM, AROM to regain full motion
• Standing SLR x 4 with Theraband bilaterally
• Leg Press 0-90 degrees with resistance as tolerated
• Proprioceptive training – Single leg BAPS, ball toss and body blade
• Stationary bike for progressive resistance and time
• Treadmill – Walking progression program

GOAL
• Full AROM

MONTHS 3 - 4
• Sports Brace (per Ortho)
• Continue appropriate previous exercises with progressive resistance
• Leg press with single leg, no > 90 degrees
• Hamstring curl weight machine 0-90 degrees, light resistance < ¼ body weight
• Knee extension weight machine 0-90 degrees as tolerated
- Fitter
- Slide board
- Swimming

**GOAL**
- Walk 2 miles at 15 min/mile pace

**MONTHS 4 - 6**
- Continue appropriate previous exercises
- Sit-up progression
- Treadmill – Continue speed walking, no running yet
- Stretches – Quads, ITB
- Transition to home / gym program

**GOAL**
- Walk 3 miles at 15 min/mile pace

**MONTHS 6 - 12**
- Biodex depending on patient progress and surgeon request
- Continue appropriate previous exercises
- Agility drills / Plyometrics
- Treadmill – Running progression program

**GOAL**
- Return to all activities

*NO CONTACT OR CUTTING SPORTS UNTIL 12 MONTHS POST-OP*
KNEE POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

Quad Isometrics

Heel Slides

Active Assisted Motion

Ice Position 15 minutes 2-3 x per day