GALLAND/KIRBY KNEE DISLOCATION RECONSTRUCTION
MCL and/or ACUTE 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 7-10: Sutures out, D/C TED Hose when effusion resolved

• Brace – Locked in extension x 4 weeks
• Crutches – Flat foot weight bearing (FFWB) in brace
• CPM – 0-45 degrees (2-hr increments for 8-10 hours/day)
• **No AROM or AAROM** by patient, **No Stationary bike** Patellar mobilization (teach patient)
  • 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
• AAROM by patient 0-60 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 0-60 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 90 degrees
- Crutches – PWB, progress to Weight bearing as tolerated (WBAT)
- Continue appropriate previous exercises
- AAROM by patient 0-90 degrees
- **No AROM or Stationary bike x 6 weeks**
- Multi-angle Co-contractions quads / Hamstrings at 0, 20, 40, 60
- SLR x 3 on mat without brace (**No ADD**) – No resistance
  - **No ABD if LCL involved**
- Limited arc open chain quad extension 75-60 degrees
- Mini squats 0-45 degrees, supported in parallel bars
- Double leg heel raises

**GOAL**

- AAROM 0-90 degrees

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**WEEKS 6 - 8**

- D/C brace
- Crutches – WBAT, D/C when gait is normal
- Continue appropriate previous exercises
- PROM, AAROM, AROM 0-100 degrees
- 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 ADD) with light weight below knee
- 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 ROM
- Treadmill – Forward walking
GOALS

- AROM 0-100 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)
- 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
- Hip machine x 4 bilaterally – Including ADD (and ABD)
- 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