GALLAND/KIRBY LATERAL / POSTERIOR LATERAL CORNER KNEE RECONSTRUCTION
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
- Crutches – Flat foot weight bearing (FFWB)
- Patellar mobilization (teach patient)
- AAROM, AROM 0-90 degrees
- Calf pumping
- Passive extension with heel on bolster or Prone hangs
- Electrical stimulation in full extension with quad sets and SLR
- Quad sets, Co-contractions quads / Hamstrings
- Straight leg raise (SLR) x 3 on mat, in brace (parallel bars if poor quad control)
  - NO ABD
- Ice pack with knee in full extension after exercise

GOALS

- Pain / effusion control
- Good quad control

Weeks 2 - 4

- Brace – locked in extension
- Crutches – Partial weight bearing (PWB)
- Continue appropriate previous exercises
- Scar massage when incision healed
- AAROM, AROM 0-90 degrees
- Begin Total Gym for ROM – Level 1-3
  - Passive flexion to 90 degrees (push up with opposite leg)
• Straight leg raise (SLR) x 3 on mat, no brace (no resistance) – **NO ABD**
• Double leg heel raises
• Stretches – Hamstring, hip flexors

**GOALS**
• ROM 0-90
• No extensor lag

**WEEKS 4 - 6**
• Brace – Open to available range
• Crutches – Weight bearing as tolerated (WBAT) (D/C when gait is normal)
• Continue appropriate previous exercises
• AAROM, AROM 0-110 degrees
• Standing SLR x 4 with Theraband bilaterally (no brace)
  – May begin Hip ABD with Theraband if good LE control in full extension
• Mini squats in parallel bars – No knee flexion > 45 degrees
• Leg press with light resistance 0-45 degrees
• Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)
• Proprioceptive ex – Single leg standing, double leg BAPS for weight shift
• Single leg heel raises
• Stationary bike for ROM – No resistance
• Pool therapy – Exercises in **sagittal plane only**

**GOALS**
• ROM 0-110 degrees
• No effusion

**WEEKS 6 - 8**
• Brace – Open to full range
• Continue appropriate previous exercises
• PROM, AAROM, AROM to regain full motion
• Wall squats – No knee flexion past 45 degrees
• Forward, lateral and retro step downs
  – No knee flexion > 45 degrees (small step)
• Knee extension ex 90-30 degrees
• Hamstring curls 0-90 – Carpet drags or rolling stool (closed chain)
• Leg press 0-90 degrees with resistance as tolerated
• Hip weight machine x 4 bilaterally
• Proprioceptive ex – Progress to single leg BAPS, ball toss and body blade
• Stationary bike – Progressive resistance and endurance
• Elliptical trainer
• Treadmill – Forwards and backwards walking
• Pool therapy – Chest deep

GOAL
• Full ROM

WEEKS 8 - 12
• D/C brace
• Continue appropriate previous exercises with progressive resistance
• Forward, lateral and retro step downs – Medium to large step
• Hamstring curl weight machine through full range
• Knee extension weight machine through full range
• Stairmaster – Small steps
• Treadmill – Walking progression program
• Pool therapy – Unrestricted
• ITB stretch

GOAL
• Walk 2 miles at 15 min/mile pace

MONTHS 3 - 4
• Continue appropriate previous exercises
• Fitter
• Slide board
• Agility drills – Figure 8s, gentle loops, large zigzags
• Swimming
• Treadmill – Running progression program
• Quad stretches

GOAL
• Run 2 miles at easy pace

MONTHS 4 - 6
• Continue appropriate previous exercises
• Agility drills / Plyometrics
• Sit-up progression
• Progressive weight training program
• Running progression to track
• Transition to home / gym program

**GOAL**

• Return to all activities

*NO CONTACT SPORTS UNTIL 9 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