

LCL Reconstruction

Phase I – Maximum Protection (Weeks 0 to 6):

0 to 2 Weeks:

- Brace locked at 30° at all times for six weeks
- Ice and modalities to reduce pain and inflammation
- Use crutches non-weight bearing for 6 weeks.
- Range of Motion
 - Begin aggressive patella mobility
 - ROM 30- 90° WITH VALGUS STRESS APPLIED
 - Quadriceps setting, focusing on VMO
 - Multi-plane straight leg raising

Weeks 2 to 6:

- Continue with program outlined above
 - Range of Motion**
 - Full knee extension (NO HYPEREXTENSION); limit flexion to 90° until week 4)

Phase II – Progressive Stretching and Early Strengthening (Weeks 2 to 6):

Weeks 6 to 12:

- Continue with modalities to control inflammation
- May begin to progressively increasing weight bearing IN MEDIAL UNLOADER BRACE (to be worn AT ALL TIMES when weight bearing)

Range of Motion

- Full knee extension (no hyperextension)
- Knee flexion to 120°, progress as tolerated

Exercises

- Continue with phase I exercise
- Bilateral closed kinetic chain squatting
- Multi-plane open and closed kinetic chain hip strengthening
- Step-up progression
- Stationary biking
- Pool program; focus on ROM
- Proprioception drills

Weeks 12 to 16:

Range of Motion

- Full knee flexion and extension

Exercises

- Advance strengthening program progressing to unilateral as tolerated
- Increase intensity of stationary bike program may add treadmill walking
- Advance intensity of pool program; focus on strengthening.

Phase III – Advanced Strengthening and Proprioception Phase (Weeks 6 to 12):

Weeks 16 to 20:

Range of Motion

- Full knee flexion and extension with terminal stretch

Exercises

- Advance cardiovascular program; no running
- Increase intensity of closed kinetic chain exercises
- Advance proprioception drills
- Initiate gym strengthening progressing from bilateral to unilateral as tolerated
 Leg press, squats, partial lunges, hamstring curls, ab/adduction, calf raises
- Increase intensity of bike and walking program, may add elliptical trainer

Weeks 16 to 20:

- May begin a pool running program

Phase IV – Advance Strengthening and Plyometric Drill Phase (Weeks 20 to 24):

Weeks 20 to 24:

- Implement a full gym strengthening program; including leg extensions at 30° - 0°, progressing to full range as PF arthrokinematics normalize
- Begin straight plane running
- Begin controlled lateral functional cord drills

Phase V – Return to Sport and Functional Drills Phase (Weeks 24 to 32):

Weeks 24 to 28:

- Continue with aggressive lower extremity strengthening, cardiovascular training, and flexibility
- Implement multidirectional agility drills
- Begin plyometric drills from bilateral to unilateral as tolerated

Weeks 28 to 32:

- Follow-up examination with the physician
- Brace fitting for functional knee brace
- Sports test for return to competition