

POST OPERATIVE MEDIAL COLLATERAL LIGAMENT AND LATERAL COLLATERAL LIGAMENT REHABILITATION PROTOCOL

WEEK 0 - 2 (PHASE 1)

Goals

- ✔ Control inflammation and swelling
- ✔ Use of light weight hinged knee brace for protection for Grade 2 and Grade 3 sprains
- ✔ Achieve Full Range of Motion and Normal Gait pattern
- Ice pack with knee in full extension after exercise
- Weight bearing as tolerated on crutches. Crutches are used until patient walk without a limp along with ensuring Proper Gait training(using parallel bars)
- Patellar mobilizations(Stretch in all 4 direction- superior, inferior, medial and lateral)
- Towel extensions and prone knee hangs to achieve full knee extension
- Sitting leg dangle to 90° using unaffected leg for support along with heel slides
- Quad isometrics(10 sec hold with 10 repetitions), Short arc quads, VMO strengthening exercises

WEEK 2 - 6 (PHASE 2)

Goals

- ✔ Restoration of muscle strength to about 80-90% of unaffected leg
- ✔ Completion of closed chain kinematic exercises independently
- ✔ Enhancement of Endurance and Cardiovascular fitness
- ✔ Ensure Proper and efficient Gait pattern with excellent patella-femoral stability
- ✔ Proper Gait pattern with help of single pod stick which gradually wean off in 4-6 weeks
- Follow all exercises of phase 1
- For Grade 2 and Grade 3 sprains, lightweight hinged brace worn at all times except during bathing(for week 2-4)
- Stationary bike and Wall Squats to around 45-60° for hip and knee muscle strengthening
- Treadmill walking and progress to treadmill running for proper and efficient gait pattern
- Sit to stand with gradual decrease in height along with stretching of gastrocnemius and soleus and lightweight resistance band exercises are to be done

WEEK 6 - 10 (PHASE 3)

Goals

- ✔ Enhancement in spatial and body awareness of operative extremity in functional activities
- ✔ Proprioception and Balance Restoration to around (90-95% of normal values/ Grade 3 out of 4 atleast)
- ✔ Enhancement of Endurance and Cardiovascular fitness
- ✔ Full independence in ADLs and Return to sports in case of sportsperson
- Follow all exercises of phase 1 and 2
- Proprioceptive and Balance Training and Exercises and its progressions
- Progression of ambulation on uneven surface and stairs(both ascend and descend)
- Emphasis on enhancement of eccentric contraction and eccentric control of knee
- Full wall squats to 90°, leg presses; dynamic step lunges and lateral and frontal stair step up- step down
- Plyometric and Agility training for return to sports

COLLATERAL LIGAMENT

LATERAL COLLATERAL LIGAMENT