

# heekin orthopedic S P E C I A L I S T S

## KEVIN P. MURPHY, MD

### Board Certified Orthopedic Surgeon

Specializing in Sports Medicine and Arthroscopy

10475 Centurion Pkwy., Suite 220

Jacksonville, FL 32256

phone # 904-634-0640 fax # 904-634-0203

## KNEE DISLOCATION RECONSTRUCTION PHYSICAL THERAPY PROTOCOL

### Preoperative Guidelines

- Restore full AROM
- Teach normal heel-toe gait
- Strengthen involved extremity
- Decrease effusion
- Educate Patient on post-op protocol, use of crutches (level and stairs), importance of extension

**Note: Exercise prescription is dependent upon the tissue healing process and individual functional readiness in *all* stages. If any concerns or complications arise regarding the progress of any patient, physical therapy will contact the orthopedist.**

### Phase I (Post-op Days 1 – 14)

#### **No Stationary Bike**

- Brace – locked at 0 for ambulation
  - unlock to available range when pt has good quad control: SLR x 30
  - without lag **NOT to exceed 70 degrees**
- Crutches – touch WB in brace (D/C crutches at 6 weeks if gait is WNL)
- Patellar mobilization (teach patient)
- Calf pumping
- Passive extension with heel on bolster or prone hangs
- AAROM 0-70 degrees
- Electrical stimulation in full extension with quad sets and SLR
- SLR x 4 in brace (parallel bars if poor quad control)
- Ice pack with knee in full extension after exercise

**Goals:** Full passive extension, Good quad control: SLR x 30 without lag

### Phase II (Weeks 3 – 4)

#### **No Stationary Bike**

- Brace – open to available range – Not to exceed 70 degrees
- Crutches – PWB

- Continue appropriate previous exercises
- Scar massage when incision healed
- PROM, AAROM, AROM 0-90 degrees
- SLR x 3 (No hip ADD) on mat – no resistance
- Total Gym – progress levels of mini-squats as tolerated (not >45 deg)
  - passive flexion to 90 degrees (push up with opposite leg)
- Weight shifts – supported in parallel bars
- Stretches – HS, AT, Hip Flexors, ITB

**Goals:** ROM 0-90 degrees, no effusion

### **PHASE III (Weeks 4 – 6)**

- Brace – open to available range
- Crutches – PWB
- Continue appropriate previous exercises
- PROM, AAROM, AROM 0-110 degrees
- Mini squats, weight shifts – in parallel bars
- Standing SLR x 4 w/Theraband in brace
- Hamstring curls – closed chain (carpet drags or rolling stool)
- Leg press with resistance no more than ½ body weight
- Double leg heel raises
- Stationary bike – ROM as tolerated (minimal resistance)
- Pool therapy – walking and jogging (no kicking)

**Goals:** ROM 0-110 degrees, Normal gait in parallel bars

### **PHASE IV (Weeks 6 – 10)**

- D/C brace
- Crutches – WBAT (D/C when gait is WNL)
- Continue appropriate previous exercises
- Partial wall squats – No knee flexion past 45 degrees
- Forward, lateral, and retro step downs in parallel bars
  - No knee flexion past 45 degrees
- Single leg heel raises
- Proprioceptive training – Single leg standing in parallel bars
  - Double leg BAPS for weight shift
  - Progress to single leg BAPS, Ball Toss, and Body Blade
- Standing SLR x 4 with Theraband bilaterally
- Stationary bike for progressive resistance and time
- Elliptical trainer
- Treadmill – Backwards and forwards walking

**Goals: Full ROM, Normal gait**

### **PHASE V (Weeks 10 – 12)**

- Continue appropriate previous exercises
- Hamstring curls – with resistance no more than ¼ body weight
- Leg Press – progress weight as tolerated
- Functional activities – Fitter, slide board, figure 8s, gentle loops, large zigzags
- Treadmill – Walking progression program
- Pool therapy – unrestricted

**Goal:** Walk 2 miles at 15 min/mile pace

**PHASE VI (Months 3 – 4)**

**□No squatting >90 degrees**

- Continue appropriate previous exercises with progressive resistance
- Leg press – single leg
- May begin incorporating open chain knee extension exercises as tolerated
- Treadmill – Jogging program
- Pool – Begin swimming laps

**Goal:** Jog 2 miles at easy pace

**PHASE VII (Months 4 – 6)**

- Home/gym program
- Continue strengthening, stretching, and proprioceptive training programs
- Agility drills / Plyometrics
- Quad stretches
- Sit-up progression
- Treadmill – Running progression program
- Functional test at 6 months to clear for sports and discharge
  - Must have 90% of opposite leg

**Goal:** Run 2 miles at normal pace

**PHASE VIII (Months 6 – 9)**

- Continue appropriate previous exercises with progressive resistance
- Treadmill or Track – Running progression program

**Goals:** Return to all activities

***No contact sports until 9 months post-op***