

POST-OPERATIVE REHABILITATION FOR POSTEROLATERAL RECONSTRUCTION
(for ASIMOC)

Pre-Op Instructions:

- Gait Training - Weight bearing as tolerated with crutches
- Instruction in immediate post-op activities/hospital course
- Brace stays on for all exercises. Can open brace to put muscle stimulator on and to perform patella mobilizations

I. ACUTE SURGICAL STAGE

POD 1 to 4

BRACE

- Locked at zero degrees or full extension to be worn at all times for 6 weeks

WEIGHTBEARING

- Two crutches and progress to full weight bearing as tolerated

EXERCISES

- Ankle pumps
- Patella mobilization and passive extension to zero
- Quad Sets, Glut sets, Straight Leg Raises, No adduction or abduction for 6 weeks, No hamstrings for 6 weeks

ICE AND ELEVATION

- Ice 20 minutes out of every hour and elevate with knee in extension
- Range of Motion 0-90 passive

POD 5 to 2 weeks

BRACE

- Continue locked in full extension

WEIGHTBEARING

- Progress to full weight bearing without crutches

EXERCISES

- Continue prior exercises and begin PRE's with Straight Leg Raises (Flexion, Extension)
- Quad Sets
- Range of Motion 0-90 passive

II. PROTECTED STAGE

POST-OP 4 WEEKS

- Continue all exercises listed above

POST-OP 6 WEEKS to 10 WEEKSBRACE

- Discharge brace at 6 weeks

EXERCISES

- Work toward regaining full active flexion seated - not against gravity
- Initiate exercise bike and swimming, emphasizing range of motion
- Initiate PRE's for quad only (i.e., knee extension)
- Initiate mini-squats, leg press, lunges

POST-OP 10 WEEKSEXERCISES

- Initiate hamstring work against gravity and progress to PRE's as tolerated
- Range of Motion should be almost equal to opposite side

III. TRANSITIONAL ACTIVITY STAGE**POST-OP 12 WEEKS**EXERCISES

- Bicycle for ROM and endurance
- Pool program (strengthening, swimming, walking)
- Emphasize closed kinetic chain exercises:
 - Mini squats
 - Lateral lunges
 - Front lunges
 - Wall squats
 - Leg press
- Continue isotonic strengthening:
 - Knee extension
 - Hip abd/adduction
 - Light hamstring curls (if necessary)
- Stairmaster for endurance training

IV. RETURN TO NORMAL ACTIVITY STAGE**POST-OP 4 TO 6 MONTHS**

- Gradually initiate running or agility drills
- Continue all strengthening exercises
- Gradual return to sports activity (5 to 6 months)