



# The Orthopaedic & Fracture Clinic

## LCL Nonsurgical Rehabilitation Protocol

The lateral collateral ligament is taut in full extension and becomes looser with knee flexion.

### Phase I (Four – Six Weeks Post Op)

- Decrease pain and swelling.
- ROM 0 to 90 degrees.
- Brace times six weeks non weight-bearing with crutches.
- Exercises: quad sets, glut-hamstring sets, LAQ 90 – 30 degrees, seated hip flexion, multi hip machine hamstring stretch, gastroc stretch (towel technique).

### Phase II (6 – 12 Weeks Post Op)

- Decrease swelling, increase ROM and strength, normal gait.
- Regain full ROM, 0 to 120 degrees by eight weeks and full by 12 weeks.
- Exercises: three-way straight leg raising, multi hip, wall squats, step-ups, hamstring curls, proprioception, balance, bike, and closed chain exercises.

### Phase III (12 – 36 Weeks Post Op)

- Regain full ROM and functional capabilities and return to sport-specific activities.