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### **Lateral Collateral Ligament Repair Protocol:**

The patient underwent an isolated Fibular Collateral Ligament Repair (without graft augmentation) Postoperatively they will be immobilized in a hinged knee brace locked in 15° of flexion with a slight valgus stress. The patient will be NWB for 6 weeks. At the first postoperative visit we will initiate ROM from 15-70° for 2 weeks in addition to quadriceps sets, heel slides and straight leg raises. ROM will then be increased to 0-100° for an additional 3 weeks followed by FROM. Quadriceps exercises are the mainstay of rehabilitation and include quadriceps sets, mini squats (when weightbearing allowed) and straight leg raises. As ROM and quadriceps strength improve the brace can be discontinued usually at 8 weeks. Return to athletic participation usually is achieved at 10-12 months post-surgery, with a functional brace to be utilized for the first competitive season following surgery.