

VMO PROTOCOL

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2 Days Post Op:

1. Wound Care- remove dressings to steri-strips, continue ace wrap, and 4x4 over incision.
2. No ointment, betadine or topical Rx on wounds. Keep clean and dry (cover for showers) for 10 to 14 days until follow up with doctor.
3. Strength
 - Isometric hip and hamstrings, work on quads but pain will limit.
 - Wear brace for protection for 3-4 weeks all the time. Locked at 0° at first, gradually open as ROM allows.
 - Leg lifts for hip extension and lateral – no straight leg raise first 7 to 10 days
 - Russian stim may be needed for quad stimulation
4. Range of Motion
 - Full extension and flexion through comfortable range- 90° flexion by 4 weeks.
 - 120° flexion by 6 weeks

3 Weeks:

1. Wound Care
 - Begin scar massage, patellar mobilization as needed.
 - WBAT with brace locked at 0° if not painful. Most patients may need 1 crutch until 4 weeks post op.
2. ROM
 - Should be approaching 90°. Bike easy for range- do not force past 90°.
3. Strength
 - Should have good seated and standing quad with weight shift- standing. Terminal knee extension. Straight leg raises as pain permits. Patient should be able to do by 4 weeks post op.

4-6 Weeks:

1. Wound
 - Should be doing patellar mobilization and scar massage.
2. Weight Bearing
 - FWB- brace to protect if needs (0-90°)
3. ROM
 - Should be approaching 120°

4. Strength

- Leg raises in a plane
- Standing terminal knee extension with weight shift
- Steps up 2" height/step outs, ¼ squats
- Total gym- 50% body weight
- Active extension as pain allows

6-12 Weeks:

1. Weight

- No brace, FWB, No running

2. ROM

- Work to full ROM (155°), start modalities and quad stretch.

3. Strength

- Leg press FWB
- Step Ups/Step downs 2-4"
- Pain free SAQ- no weight
- Balance- Ball toss front and side
- Agility ladder- no jumps

12 Weeks/3 Months

- Full ROM
- Strength- Continue leg press
- Step ups/Step downs
- Jumps agility ladder
- Running- Start ¼ mile- increase ¼ mile weekly at half speed to 2 miles max