
Elmslie-Trillat

| Name of Protocol/Regime | Consultant | Updated On | Updated By | Review Date |
|-------------------------|------------|------------|-------------------|-------------|
| Elmslie-Trillat | Mr Dawson | May 2016 | Iona Palmer-Smith | May 2018 |

Please note that surgeons may have different post op instructions which must be adhered to Inpatients

Post-op 0-2weeks : WBAT in brace locked in extension 24/7

GOALS –

Protected Fixation

Control pain & inflammation

Improve quads control

Achieve full extension

NO FLEXION 0-2 WEEKS

Therapy Guidelines

- Static quads
- SLR in brace
- Ankle circling / resisted ankle exercises
- Calf stretches / hamstring stretches NWB
- Hip abd / extension

On-Discharge

- Photocopy op. notes to attach to referral.
- Plan for D/C, refer to outpatients and complete D/C summary.
- Ensure that the Patient has the initial exercise sheet as required.

Outpatients – Operation notes must be attached

2 – 4 weeks: WBAT in brace locked into extension

GOALS –

As weeks 0-2

0-45 degrees flexion NWB ONLY passive (at discretion of consultant)

Therapy Guidelines

- As weeks 0-2
- Slidy board flexion as allowed
- Clams
- Heel raises
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4 - 6 weeks : WBAT in brace locked in extension

GOALS –

As weeks 0-4

Allow 0 – 90 degrees active flexion NWB ONLY

Therapy Guidelines

- As weeks 0-4
- Heel raises
- Slidy board 0-90 degrees
- Core work

6 – 12 weeks : WBAT brace unlocked for gait. Wean off brace when no quads lag

GOALS –

Avoid overstressing fixation (i.e. open chain & loaded flexion)

Normalise gait

Improve core stability / hip control

Enhance balance / proprioception

Increase flexion to FROM

Therapy Guidelines

- Gait re-education
- Slidy board knee flexion
- Step ups / stepper / lateral steps ups
- Wall slides / half squats



- Bike
- Rower
- Treadmill – walk / fast walk
- Wobble board / balance beam / trampete
- Single leg stance
- Hamstring – resisted work
- Resisted hip abd / extension - theraband

12 - 24+ weeks : FWB. No brace.

GOALS –

Maximise knee stability

Specific sport rehab as required

Aim for return to sport when full strength / FROM and pain free

Therapy Guidelines

- Advanced closed chain exercise – lunges, full squats
- Jogging / running
- Turning / figure of eight when good control
- Skipping
- Jumping
- Progress proprioceptive exercises – lunges/squats on wobble cushion / hedgehogs
- Full range open chain quads

Return to functional Activites:

Swimming

Driving

