

## VMO protocol

### 2 Days post op

- wound care- remove dressings to steri-strips, continue Ace wrap , and 4x4 over incision.
- No ointment, betadine or topical Rx on wounds. Keep clean and dry (cover for showers) for 10-14 days until follow up with MD.

### Strength

- Isometric hip and hamstrings, work on quads but pain will limit.
- Wear brace for protection first 3-4 weeks all the time. Locked at 0 degrees at first, gradually open as physical therapist allows.
- Leg lifts for hip extension and lateral – no Straight leg raise first 3-4 weeks.
- Russian stimulation may be needed for quad stimulation.

### ROM

- Full extension- flexion then comfortable range- 90 degree flexion by 4 weeks.
- 120 degree flexion by 6 weeks

### 3 Weeks

#### Wound care

- begin scar massage, patellar mobilization as needed.
- FWB with brace locked at 0 degrees if non-painful. Most patients may need 1 crutch until 4 weeks postop.

#### ROM

- should be approaching 90 degrees. Bike easy for range- don't force past 90 degrees.

#### Strength

- should have good seated and standing quad with weight shift-standing Terminal knee extension. Begin working towards Straight leg raises as pain permits- Patient should be able to do by 4 weeks postop.

### 4-6 Weeks

#### Wound-

- should be doing patellar mobilization and scar massage.

#### Weight Bearing

- FWB- brace to protect if needs (0-90 degrees)

#### ROM

- Should be approaching 120 degrees.

### Strength

- Leg raises in a planes
- standing terminal knee extension with weight shift.
- step ups 2" height/ step outs, ¼ squats
- total gym-50 % body weight.
- No active extension until beyond 6 weeks.

### 6-12 weeks

#### Weight

- No brace, FWB, no running

#### ROM

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

#### 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.