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**Rehabilitation following knee dislocation with lateral side injury: Implementation of the knee symmetry model. Biggs A, Jenkins WL, Urch SE, Shelbourne KD. N Am J Sports Phys Ther. 2010;5:155 – 165.**

### **Abstract**

Introduction: Rehabilitation following lateral side knee ligament repair or reconstruction has traditionally utilized a conservative approach. We have recently published an article outlining a new concept in rehabilitation following ACL reconstruction, the Knee Symmetry Model. The Knee Symmetry Model can also be applied to rehabilitation of other knee pathology including lateral side knee ligament repair. Methods: The Knee Symmetry Model was used to rehabilitate a group of patients with lateral side ligament repair. Twenty-one of 23 were seen post-operatively for evaluation following lateral side knee ligament repair. Physical examination and subjective knee scores via the IKDC and modified Noyes survey scores were recorded. Results: Subjective scores obtained at a mean of 4.6 years postoperatively for the IKDC questionnaire and the modified Noyes survey were 91.3 and 93.0 respectively. Objective data was collected on 17 patients at a mean of 5.6 years postoperatively. Sixteen out of 17 patients achieved normal knee range of motion (ROM) and the mean KT2000 was 2.2mm. Fifteen patients achieved greater than 90% strength at 180 degree isokinetic strength testing and 16 patients achieved greater than 90% strength at 60 degree isokinetic strength testing. Sixteen patients had greater than 90% on the single leg hop test. Conclusions: Rehabilitation following lateral side knee ligament repair using the Knee Symmetry Model provides the patient with excellent long-term stability, normal ROM and strength, and a high level of function.