

## Abstract

The anterolateral ligament (ALL) is thought to be the rotational stabilizer of the knee joint. ALL injuries occur in 64% of anterior cruciate ligament (ACL) ruptures and worsen the instability. We didn't find any publications about the changes in the ACL rehabilitation process due to the ALL concomitant rupture.

Clinical Practice: We measured rotational stability in patients with the ACL rupture complicated by the ALL injury (10 patients) or Second fracture (2 patients). Patients received conservative treatment of 6 weeks of non-weightbearing with crutches and immobilization with a brace in full knee extension for 4 weeks. These braces were changed to the hinged braces with the flexion limit to 30° from the end of the 4th week up to the end of the 6th week. Then the physical therapy program with muscle strengthening and range of motions (ROM) began. ROM excluded internal rotation of the lower leg up to the end of the 8th week. Internal rotation with axial loading was excluded for up to 3 months. The muscle-strengthening program began after 8 weeks. All these patients were directed to the ACL reconstruction in three months after the near full range of motions was obtained.

## Biography

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