

Post-operative Rehabilitation Protocol

Posterolateral Corner Reconstruction

General Guidelines	<ul style="list-style-type: none"> - Physical therapy should begin 5-7 days after surgery - You will be Touch down weight bearing with crutches for 6 weeks after surgery - Rest, ice, compression, elevation recommended for first 48 hours - Avoid hamstring activation for 6 weeks post-op - Contact therapist or physician with any questions/concerns 		
	Range of Motion	Brace	Exercises
Phase 1 – Protection <i>Weeks 0 - 6</i>	0-2 wks: 0-45° with emphasis on full extension 2-6 wks: 0-90° <u>Ice</u> : 20 minutes on, 20 minutes off every hour	0-2 wks: Locked in extension full time and for sleeping 2-6 wks: Brace unlocked 0-90°	<u>Touch down weight bearing ONLY</u> <u>Exercises</u> : straight leg raises with brace locked in extension, quad sets, patellar mobilizations
Phase 2 – Early Loading <i>Weeks 6 - 12</i>	Progress to full ROM Advance weight bearing 25% every 3-4 days until full WB at 8 wks	D/C once full extension with no quad lag	<u>Exercises</u> : Once normalized gait → begin balance exercises, Progressive Squat program, Step-ups, Hamstring isometrics. Begin stationary bike
Phase 3 – Strength <i>Weeks 12 - 16</i>	Full, pain-free ROM	None	<u>Exercises</u> : Progress strengthening. Advance closed chain strengthening exercises and proprioception activities Stairmaster or elliptical at 12 weeks
Phase 4 – <i>Weeks 16 - 24</i>	Full, pain-free ROM	None	<u>Exercises</u> : Sport-specific exercises. Zero-G running. Can begin jumping at 16 weeks. Begin jog-run program at 20 weeks if 80% strength. Consider functional sports assessment at 24 weeks
Phase 5 – <i>Weeks 24+</i>	Full, pain-free ROM	None	<u>Criteria to return to sports</u> : At least 90% limb symmetry on hop and isokinetic strength test. No reactive pain or swelling after sport-specific activities. MD Clearance <u>Encourage maintenance program based on functional sports assessment</u>