

## POSTEROLATERAL CORNER RECONSTRUCTION REHABILITATION PROTOCOL

|                                 | <b>WEIGHT BEARING</b>                  | <b>BRACE</b>  | <b>ROM</b>  | <b>EXERCISES</b>   |
|---------------------------------|--|---|---|--|
| <b>PHASE I</b><br>0-6 weeks     | Heel touch WB in brace *               | <b>0-2 weeks:</b> Locked in full extension for ambulation and sleeping<br><br><b>2-6 weeks:</b> Unlocked for ambulation 0-90, remove for sleeping** | <b>0-2 weeks:</b> 0-45<br><br><b>2-6 weeks:</b> Advance slowly 0-90 | Quad sets, patellar mobs, gastroc/soleus stretch<br><br>SLR w/ brace in full extension until quad strength prevents extension lag<br><br>Side-lying hip/core<br><br>Hamstrings avoidance until 6 wks post-op |
| <b>PHASE II</b><br>6-12 weeks   | Advance 25% weekly until full by 8 wks | Discontinue at 6 wks if no extension lag  | Full  | Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core   |
| <b>PHASE III</b><br>12-16 weeks | Full                                   | None  | Full  | Advance closed chain strengthening<br><br>Progress proprioception activities<br><br>Begin stairmaster, elliptical and running straight ahead at 12 weeks   |
| <b>PHASE IV</b><br>16-24 weeks  | Full                                   | None  | Full  | <b>16 wks:</b> Begin jumping<br><br><b>20 wks:</b> Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills                        |
| <b>PHASE V</b><br>> 6 months    | Full                                   | None  | Full and pain-free  | Gradual return to sports participation after completion of FSA***<br><br>Maintenance program based on FSA  |

\*Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure

\*\*Brace may be removed for sleeping after first post-operative visit (day 7-10)

\*\*\*Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at 22-24 wks post-op for competitive athletes returning to play after rehab