



Posterolateral Corner Reconstruction Protocol

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises/Interventions</u>
Phase 1 Weeks 0-6 2-3x/ week HEP daily	Decrease pain and inflammation Early protected ROM Patient education Quad activation ROM 0-90	Toe-touch weightbearing with crutches Brace in 0 deg extension (sleep in brace - can take off for exercises) Avoid hamstring strengthening Limit knee flexion to 45 deg for 2 weeks; 0-90 deg up until week 6	Patellar mobilizations Quad re-education (quad sets, SLR with brace in extension): NMES as needed Hip and core strength
Phase 2 Weeks 6-12 2-3/ week HEP daily	Brace discharged (with no extension lag) Wean off crutches Full AROM	Can gradually progress to WBAT	Heel raises Closed-chain knee strengthening exercises Hamstring curls Stationary bike Step-ups
Phase 3 Weeks 12-16 1-2/week HEP daily	Continue progression of strengthening	None	Advance closed-chain exercise Proprioceptive exercise Begin running
Phase 4 Weeks 16-24 1x/ week HEP daily	Prepare for return to sport	None	Can begin jumping Running/sprinting progression Sports-specific exercises