

Post-Operative Rehabilitation Guidelines for Posterolateral Corner

Reconstruction - Rehab Protocol

0-2 Weeks:

- TTWB for 6 weeks
- ROM: 0-90° with emphasis on full extension
- Patella mobilization
- SLR supine with brace locked at 0 degrees, Quad Sets
- Ankle Pumps
- Short crank (90mm) ergometry

2-6 Weeks:

- Flexion Extension Wall slides

6-12 Weeks:

- Begin spinning on a stationary bike
- Begin to wean off crutches
- Sit and reach for hamstrings (no hyperextension)
- Progressive Squat program
- Initiate Step Down program
- Balance Series
- Double leg bridges
- Begin cord exercises

12-20 weeks:

- Sports test exercises
- No gravity running

>24 weeks:

- Running progression
- Agility exercises

- Multidirectional motions
- Functional sports test

SUMMARY

Exercise	Week													
	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Initial exercises:														
Flexion/extension, wall slides			•	•	•	•	•	•	•	•	•			
Flexion/extension, seated/calf assisted or prone	•	•	•	•	•	•	•	•	•	•	•			
Patella/tendon mobilization	•	•	•	•	•	•	•	•						
Quad series	•	•	•	•	•	•	•	•						
Hamstring sets							•	•	•	•	•	•	•	•
Sit and reach for hamstrings (no hyperextension)					•	•	•	•						
Ankle pumps	•	•	•	•	•	•	•	•	•					
Crutch weaning							•	•	•					
Toe and heel raises								•	•					
Balance series								•	•	•	•	•	•	•
Weight-bearing strength exercises:														
Double knee bends								•	•	•	•	•	•	
Double leg bridges								•	•	•	•	•	•	
Reverse lunge, static holds								•	•	•	•	•	•	
Beginning cord exercises										•	•	•	•	
Balance squats										•	•	•	•	•
Single leg dead lift										•	•	•	•	•
Leg press to max 70° knee flexion									•	•	•	•	•	•
Sports test exercises													•	•
Agility exercises:														
Running progression														•
Initial, single plane														•
Advance, multidirectional														•
Functional sports test														•