



Anterolateral Ligament Reconstruction

Post-Operative Rehabilitation Protocol

0-2 weeks

- NWB for 2 weeks with brace locked in extension
- AROM/PROM: 0-90°, emphasis on full extension
- Patella mobilization
- SLR supine with brace locked at 0 degrees
- Quad Sets with brace locked at 0 degrees
- Heel slides
- Ankle Pumps

2-4 weeks

- Begin WBAT progression: advance to PWB (25% then 50%) starting at 2 weeks continue to progress
- Discontinue brace once WBAT without crutches. Can unlock the brace while transitioning off of crutches beginning at 2 weeks post-op
- No WB with the knee past 90 degrees of flexion
- Progress with full ROM until full (maintain full extension)
- Begin stationary bike

4-8 weeks

- Advance to full WBAT with brace unlocked
- Discontinue crutches when gait normalized and non-antalgic
- Wall sits to 90 degrees

8-12 weeks

- Continue with full ROM
- Progress with closed chain exercises
- Lunges from 0-90 degrees
- Leg press 0-90 degrees

12-16 weeks

- Progress strengthening exercises
- Single leg strengthening
- Begin jogging and progress to running
- Sports specific exercise

Weight Bearing Status

NWB x 2 weeks

Brace Settings

Locked straight x 2 weeks when ambulating or sleeping.

ROM Restrictions

Full PROM beginning POD 1



Exercise	Week																
	1	2	3	4	5	6	7	8	9	10	12	16	20	24			
Initial Exercises:																	
ROM Goals	0-90°			0-125°			Progress to full										
Flexion/extension, heel slides	█																
Flexion/extension- seated	█																
Patella/Tendon mobilization	█																
Quad Series	█																
Hamstring Sets							█										
Sit and Reach for Hamstrings	█																
Ankle Pumps	█																
Crutch weaning	NWB		█														
Heel prop knee extension stretch	█																
SLR (w/ brace until quad control restored)	█																
Toe and heel raises				█													
Balance Series							█										
Weight-bearing Strength Exercises:																	
	1	2	3	4	5	6	7	8	9	10	12	16	20	24			
Double Knee Bends	NWB		█														
Double Leg Bridges			█														
Reverse Lunge- static hold								█									
Beginning cord exercises								█									
Dead Lift (2 → 1)			█														
Squat/Leg Press (ISO →reps, 2→1 leg)			0-45°			0-90											
Sports Test Exercises													█				
Cardiovascular Exercises:																	
	1	2	3	4	5	6	7	8	9	10	12	16	20	24			
Bike with both legs-no resistance	NWB		█														
Bike with both legs- resistance			█														
Aqua jogging										█							
Treadmill-walking 7% incline										█							
Swimming with fins-light flutter kick												█					
Elliptical Trainer													█				
Rowing														█			
Stair stepper															█		
Agility Exercises:																	
	1	2	3	4	5	6	7	8	9	10	12	16	20	24			
Running Progression	NWB																
Initial-Single Plane													█				
Advance-Multi Directional														█			
Functional Sports Test															█		
High Level Activities:																	
	1	2	3	4	5	6	7	8	9	10	12	16	20	24			
Golf Progression	NWB																
Outdoor biking, hiking, running																	
Return to Full Sport at 6 months post-op																	

Adapted from post-operative protocol created by Howard Head Physical Therapy, Jill Monson, PT, OCS and Jon Schoenecker, PT, OCS, CSCS



Quad Series:

