



Posterolateral Corner Reconstruction Rehabilitation Protocol

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PT Frequency: 2-4 times per week

ROM Restrictions: 0-90° x 2 weeks with emphasis on full extension

Brace: Locked in extension x 6 weeks when ambulating or sleeping, otherwise unlock once good quad control

Weightbearing: Toe touch WB x 6 weeks, then advance 25% weekly until full WB by 8 weeks

Weeks 0-6 (Phase I)

- **Weight Bearing:** TTWB with crutches x 6 weeks
- **Brace:** Locked in full extension for ambulating and sleeping. Off **only** for hygiene.
- **Range of Motion:** ROM: 0-90° x 2 weeks with emphasis on full extension
- **Exercises:**
 - Patellar mobilization, gastroc/soleus stretch, leg hangs
 - SLR with brace locked in full extension
 - Quad sets with brace locked in full extension
 - Ankle pumps
 - Short crank (90mm) ergometry
 - Begin flexion extension wall slides at 2 weeks

Weeks 6-8 (Phase II):

- **Weight Bearing:** Advance to 25% WB, then 50% WB, then 75% WB to full WB by 8 weeks
- **Brace:** Discontinue once good quad control and weightbearing comfortably
- **ROM:** Full
- **Exercises:**
 - Begin toe raises, closed chain exercises, eccentric quads, balance exercises, gait normalization, step-ups, front and side planks; advance hip/core
 - Start stationary bike as tolerated

Weeks 8-16 (Phase III):

- **Weight Bearing:** Full
- **Brace:** None
- **ROM:** Full
- **Exercises:**
 - Advance closed chain strengthening
 - Progress proprioception activities, maximize core/glutes/hips, pelvic stability work, eccentric hamstrings, balance
 - No gravity running



Weeks 16-24 (Phase IV):

- **Weight Bearing:** Full
- **Brace:** None
- **ROM:** Full
- **Exercises:**
 - No gravity running
 - Sport test exercises

Weeks 24+ (Phase V):

- **Weight Bearing:** Full
- **Brace:** None
- **ROM:** Full
- **Exercises:**
 - Running progression
 - Agility exercises
 - Multidirectional motions

> 6 months (Phase VI): Gradual return to sport-specific activities, return to sports after completion of functional sports assessment and clearance by MD



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/ calf-assisted or prone																				
Patella/Tendon mobilization																				
Quad Series	0° ISOs, SLR					60° ISOs				70-30° arc-resisted				Full arc resisted						
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																				
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																				
Step up/Lunge Progression																				
Beginning cord exercises																				
Proprioception/Balance Training																				
Dead Lift (2 → 1)																				
Squat/Leg Press (ISO →reps, 2→1 leg)										0-45°				0-70° (70° Max on press)						
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																				
*Cardio Exercises	Must tolerate daily walking with no limp & no significant increase in pain/swelling prior to initiating WB cardio (walk, elliptical, 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 9 months post-op																				



Quad Series:

- Quad sets (5 sec hold) also quick contractions (NMES to supplement)
- Prone quad sets
- SLR with no extension leg
- Progression of Quad Strengthening (WB exercises at 6 weeks)
 - LAQ in safe range -no added resistance to begin
 - Once weight bearing tandem stance TKE with 5 sec hold
 - Isometric wall sit
 - SLR with resistance
 - Step up progression
 - Squat progression
 - Leg press progression

Hamstring Series:

- Lunge progression
- Hamstring stretching (supine/prone)
- Hamstring set (heel dig)- contract hamstring with knee flexed pressing heel into the floor (5 sec hold)
- Hamstring curls

Sport Test Exercises:

- Progress to resisted hamstring curl
- Goals: impact training and introduction of directional drills
- Double leg squat jumps
- Box jumps
- Speed skaters
- Double leg jumps for height and distance progress to single leg as tolerated

Further Clarifications and Considerations

- Blaze pod change of direction drills
- May begin to implement BFR as early as 1 week into post-op period
- Functional Sports Test: Baseline completed at 7 months post-op with subsequent test at 9 months

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