

POSTEROLATERAL CORNER RECONSTRUCTION

Post-Operative Rehabilitation

PHASE I — MAXIMUM PROTECTION (WEEKS 0 TO 6)

GOALS

- Reduce inflammation
- Normalize patella mobility with manual mobilizations
- Full extension both passive and active
- Good quadriceps activation
- No extension lag with straight leg raise
- 0-90° flexion limitation x 6 weeks per MD instruction

EXERCISE PROGRESSION

- Touch down weight bearing on operative leg for 6 weeks
- Brace from 0-90 degrees
- Ice and modalities to reduce pain and inflammation
- Use crutches non-weight bearing for 6 weeks.
- Initial patella mobilizations
- ROM 0- 90° WITH VALGUS STRESS APPLIED
- Quadriceps setting

PHASE II — PROGRESSIVE STRETCHING AND EARLY STRENGTHENING (WEEKS 6 TO 12)

EXERCISE PROGRESSION

- Progressively increase weight bearing to full
- Continue brace with weight-bearing during weeks 6-8, then may discontinue brace
- Full knee extension (no hyperextension)
- Knee flexion progress to full as tolerated
- Bilateral closed kinetic chain squatting
- Multi-plane open and closed kinetic chain hip strengthening
- Step-up progression
- Gym strengthening (leg press, hamstring curls, calf raises) as tolerated
- Stationary biking walking and elliptical

PHASE III — ADVANCED STRENGTHENING AND ENDURANCE TRAINING (WEEKS 12 TO 20)

EXERCISE PROGRESSION

- Full knee flexion and extension with terminal stretch
- Advance cardiovascular program; no running
- Increase intensity of closed kinetic chain exercises
- Advance gym strengthening progressing from bilateral to unilateral as tolerated
- Leg press, squats, partial lunges, hamstring curls, abd/adduction, calf raises
- Increase intensity of bike and walking program and elliptical trainer
- May begin a pool running program at 16 weeks

PHASE IV — ADVANCE STRENGTHENING, IMPACT AND RUNNING PROGRESSION (WEEKS 20 TO 24)

EXERCISE PROGRESSION

- Implement a full gym strengthening program
- Begin linear running progression, gradually progressing to lateral and rotational drills
- Continue with aggressive lower extremity strengthening, cardiovascular training, and flexibility
- Plyometric drills, bilateral to unilateral as tolerated
- Brace fitting for functional knee brace
- Sports test for return to competition