

## Post-operative Rehabilitation Protocol

### Posterolateral Corner Reconstruction

<b>General Guidelines</b>	<ul style="list-style-type: none"> <li>- Physical therapy should begin 5-7 days after surgery</li> <li>- You will be Touch down weight bearing with crutches for 6 weeks after surgery</li> <li>- Rest, ice, compression, elevation recommended for first 48 hours</li> <li>- Avoid hamstring activation for 6 weeks post-op</li> <li>- Contact therapist or physician with any questions/concerns</li> </ul>		
	Range of Motion	Brace	Exercises
<b>Phase 1 – Protection</b> <i>Weeks 0 - 6</i>	0-2 wks: 0-45° with emphasis on full extension  2-6 wks: 0-90°  <i>Ice:</i> 20 minutes on, 20 minutes off every hour	0-2 wks: Locked in extension full time and for sleeping 2-6 wks: Brace unlocked 0-90°	<b><u>Touch down weight bearing ONLY</u></b> <i>Exercises:</i> straight leg raises with brace locked in extension, quad sets, patellar mobilizations
<b>Phase 2 – Early Loading</b> <i>Weeks 6 - 12</i>	Progress to full ROM  Advance weight bearing 25% every 3-4 days until full WB at 8 wks	D/C once full extension with no quad lag	<i>Exercises:</i> Once normalized gait → begin balance exercises, Progressive Squat program, Step-ups, Hamstring isometrics. Begin stationary bike
<b>Phase 3 – Strength</b> <i>Weeks 12 - 16</i>	Full, pain-free ROM	None	<i>Exercises:</i> Progress strengthening. Advance closed chain strengthening exercises and proprioception activities Stairmaster or elliptical at 12 weeks
<b>Phase 4 –</b> <i>Weeks 16 - 24</i>	Full, pain-free ROM	None	<i>Exercises:</i> Sport-specific exercises. Zero-G running. Can begin jumping at 16 weeks. Begin jog-run program at 20 weeks if 80% strength. Consider functional sports assessment at 24 weeks
<b>Phase 5 –</b> <i>Weeks 24+</i>	Full, pain-free ROM	None	<u>Criteria to return to sports:</u> At least 90% limb symmetry on hop and isokinetic strength test. No reactive pain or swelling after sport-specific activities. MD Clearance <u>Encourage maintenance program based on functional sports assessment</u>