



Post-Operative Rehabilitation for ACL & Posterior Lateral Corner Reconstruction

Phase I: Weeks 0-6

- Heel Touch Weight Bearing
- Brace:
 - **Weeks 0-2** Locked in full extension at all times including sleep. May remove showering.
 - **Weeks 2-6** Unlocked 0-90° and worn during the day. Remove for sleeping and exercises.
- ROM:
 - Goal is symmetric extension (including hyperextension)
 - **Weeks 0-2** 0-45°.
 - **Weeks 2-6** Advance slowly 0-90°.
- Exercises
 - Quad sets, SLR in brace until no lag, ankle pumps, heel props, patellar mobs, quad sets, glute sets, calf stretching, side lying hip/core.
 - **AVOID** hamstring exercises until 6 weeks post op

Phase II: Weeks 6-12

- Weight bearing: Advance 25% weekly until full by 8 weeks
- Brace: Discontinue at 6 weeks of no extension lag
- ROM:
 - Maintain symmetric extension
 - Progress flexion to full
- Exercises:
 - Begin closed chain exercises, calf raises, step-ups
 - Begin balance exercises
 - Advance Hip/core exercises
 - Stationary bike

Phase III: 12-16 weeks

- Maintain full ROM
- Exercises:
 - Advance closed chain exercises

- Maintain core/glute/hip strength
- Continue with balance/proprioception training
- Begin stairmaster, elliptical and running straight ahead at 12 weeks.

Phase IV: 16-24 weeks

- Maintain full ROM
- Exercises:
 - Advance Phase III exercises
 - Continue to maintain core/hip/glute strength
 - Progress strength/flexibility and functional balance
 - 16 Weeks: May begin Jumping
 - 20 Weeks: Advance to sprinting/cutting/pivoting/ plyometric and sport specific maneuvers

Phase V: >6

- Exercises:
 - Return to sport CLEARED BY MD
 - Continuation of maintenance strength/balance/flexibility program.