



## Post-Operative 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 extension 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, hamstring curls
  - Begin balance exercises
  - Advance Hip/core exercises; front/side planks
  - 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: 6mo +**

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