

Rehabilitation Protocol: Posterolateral Corner Reconstruction w/wo PCL

	Weight Bearing And ROM	Brace use	Therapeutic Elements	Goals
Early Phase 0 -2 weeks	Touch down with crutches ROM: A / AAROM 0-90 as tolerated	locked in full extension at all times other than PT	Modalities as needed. Patella Mob; SLR's with estim; Cocontractions, Prone hangs No Abd of hip or leg at any time. No prone hangs if PCL recon!!	a/aa/ROM: 0-0-90 Control pain / swelling Quad control
2-4 weeks	50% weight bearing with crutches and brace	locked in full extension at all times other than PT	Cont. above, scar mobilization, PROM to 90; SLR's no brace no resistance No Abd of hip or leg at any time. No prone hangs if PCL recon!!	a/aa/pROM: 0-0-90 Quad control Normal patella mob. SLR's x 30(no weight)
Recovery Phase: 4 - 8 weeks	WBAT with brace open to AROM. dc crutches when normal gait	At all times, open to AROM	Cont. above. Gentle hip abd no resistance below knee; Wall sits 0-45, minisquads with support 0-45, carpet drags (not with PCL recon); Pool therapy, treadmill walking by 8 weeks	a/aa/p ROM: 0-0-110 by 6 free by 8 weeks SLR's x30 No effusion
Strengthening phase 8-12 weeks	Full	None	Cont above with increased resistance, Step downs, treadmill, stretching, begin prone hangs and HS curls when PCL	Walk 1-2 miles a 15min/mile pace
Reintegration Phase 3-5 months	Full	None (if return to sport fitting for custom brace by 5 months)	Slide boards, begin agility drills, Figure 8's, gentle loops large zigzags, swimming, begin pyometrics at 4 months	Run 1-2 miles at 10-12 min/mile pace Return to non-competitive activities

PCL recon: no prone hangs and HS exercises for 8 weeks

Athletes: no return to competitive sports before 9mts.