

Rehabilitation Protocol: Posterolateral Corner Reconstruction w/wo PCL

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

- Early Phase (Weeks 0-2)**
- **Weight Bearing and Range of Motion**
 - Touch down with crutches
 - ROM: A/AAROM 0-90° as tolerated
 - **Brace Use**
 - Locked in full extension at all times other than PT
 - **Therapeutic Elements**
 - Modalities as needed.
 - Patella Mob; SLR's with electric stim.; co-contractions, prone hangs
 - estim; Cocontractions,
 - **No Abduction of hip or leg at any time.**
 - **No prone hangs if PCL reconstruction!!**
 - **Goals**
 - a/aa/ROM: 0-0-90
 - Control pain/swelling
 - Quad control

- Early Phase (Weeks 2-4)**
- **Weight Bearing and Range of Motion**
 - 50% weight bearing with crutches and brace
 - **Brace Use**
 - Locked in full extension at all times other than PT
 - **Therapeutic Elements**
 - Continue above
 - Scar mobilization
 - PROM to 90°
 - **Goals**
 - a/aa/ROM: 0-0-90
 - Control pain/swelling
 - Normal patella mobility
 - SLR x 30 (no weight)

- Recovery Phase (Weeks 4-8)**
- **Weight Bearing and Range of Motion**
 - WBAT with brace open to AROM
 - Discontinue crutches when normal gait
 - **Brace Use**
 - At all times, open to AROM
 - **Therapeutic Elements**
 - Continue above
 - Gentle hip abduction with no resistance below knee
 - Wall-sits 0-45
 - Mini-squats with support 0-45
 - Carpet drags (not with PCL reconstruction!!)
 - Pool therapy

- Treadmill walking by 8 weeks
- **Goals**
 - a/aa/ROM: 0-0-110 by 6 weeks and free by 8 weeks
 - SLR x 30
 - No effusion

Strengthening Phase (Weeks 8-12)

- **Weight Bearing and Range of Motion**
 - Full
- **Brace Use**
 - None
- **Therapeutic Elements**
 - Continue above with increased resistance
 - Step-downs
 - Treadmill
 - Stretching
 - Begin prone hangs and HSL (if PCL reconstruction)
- **Goals**
 - Walk 1-2 miles at 15 min/mile pace

Reintegration Phase (Months 3-5)

- **Weight Bearing and Range of Motion**
 - Full
- **Brace Use**
 - None
 - if return to sport, fitting for custom brace by 5 months
- **Therapeutic Elements**
 - Slide boards
 - Begin agility drills
 - Figure 8's
 - Gentle loops
 - Large zig-zags
 - Swimming
 - Begin plyometrics at 4 months
- **Goals**
 - Treadmill (walk 1-2 miles at 10-12 min/mile pace)
 - Return to competitive activities

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____