

Associate Professor of Orthopaedics Chief - Division of Sports Medicine Tel: (212) 598-6784

## 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	
o ROM: A/AAROM 0-90° as tolerated	
Brace Use	
<ul> <li>Locked in full extension at all times other</li> </ul>	r than PT
• Therapeutic Elements	
<ul> <li>Modalities as needed.</li> </ul>	
<ul> <li>Patella Mob; SLR's with electric stim.; co</li> </ul>	-contractions, prone hangs
o estim; Cocontractions,	
<ul> <li>No Abduction of hip or leg at any time.</li> </ul>	
<ul> <li>No prone hangs if PCL reconstruction!</li> </ul>	
• Goals	
o a/aa/ROM: 0-0-90	
<ul> <li>Control pain/swelling</li> </ul>	
o Quad control	
Early Phase (Weeks 2-4)	
<ul> <li>Weight Bearing and Range of Motion</li> </ul>	
<ul> <li>50% weight bearing with crutches and bearing with crutches and bearing with crutches.</li> </ul>	prace
Brace Use	
<ul> <li>Locked in full extension at all times other</li> </ul>	r than PT
<ul> <li>Therapeutic Elements</li> </ul>	
<ul> <li>Continue above</li> </ul>	
<ul> <li>Scar mobilization</li> </ul>	
o PROM to 90°	
<ul> <li>Goals</li> </ul>	
o a/aa/ROM: 0-0-90	
<ul> <li>Control pain/swelling</li> </ul>	
<ul> <li>Normal patella mobility</li> </ul>	
o SLR x 30 (no weight)	
Recovery Phase (Weeks 4-8)	
<ul> <li>Weight Bearing and Range of Motion</li> </ul>	
<ul> <li>WBAT with brace open to AROM</li> </ul>	
<ul> <li>Discontinue crutches when normal gait</li> </ul>	

- Brace Use
  - o At all times, open to AROM
- Therapeutic Elements
  - o Continue above
  - o Gentle hip abduction with no resistance below knee
  - o Wall-sits 0-45
  - o Mini-squats with support 0-45
  - Carpet drags (not with PCL reconstruction!!)
  - Dool thorony

## **Laith M. Jazrawi, MD**Associate Professor of Orthopaedics

Date: \_\_\_\_\_

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O 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 fireturn to sport, fitting for custom brace by 5 months  Therapeutic Elements Slide boards Begin agility drills	
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o Begin agility drills	
o Figure 8's	
o Gentle loops	
o Large zig-zags	
o Swimming	
Begin plyometrics at 4 months	
• Goals	
o Treadmill (walk 1-2 miles at 10-12 min/mile pace)	
o Return to competitive activities	
Comments:	
Frequency: times per week Duration: weeks	

Signature: