

**POSTEROLATERAL CORNER RECONSTRUCTION  
REHABILITATION PROTOCOL  
Dr. Aukerman (Revised 3/22/18)**

**ATTENTION PHYSICAL THERAPISTS—STRESS IMPORTANCE OF THE FOLLOWING:**

- Place patient in brown compression stocking (20-30 mmHg) at first PT appointment. Wear during daytime only and d/c at night—instruct patient/family member how to don/doff stocking
  - May discharge when no swelling or effusion- typically 3-4 weeks p/o
- Stress early knee extension. Should reach full knee ext by 2 weeks post-op.
- Stress no pillows under popliteal fossa. Always under calf/heel only to progress knee extension.
- All multi-ligament reconstructions on ASA 325 p/o daily X2 weeks unless contraindicated (i.e. Coumadin, Bloodthinners, Allergies)

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-6 weeks	Heel touch WB in brace	<b>0-2 weeks:</b> Locked in full extension for ambulation and sleeping  <b>2-6 weeks:</b> Unlocked for ambulation 0-90, remove for sleeping	<b>0-2 weeks:</b> 0-45°  <b>2-6 weeks:</b> Advance 0-90°	Quad sets, patellar mobs, gastroc/soleus stretch  SLR w/ brace in full extension until quad strength prevents extension lag  Side-lying hip/core  Scar mobs 4-6 weeks when adequate healing  Hamstring avoidance until 6 wks p/o 8 wks if hamstring was repaired
<b>PHASE II</b> 6-12 weeks	Advance 25% weekly until full WB by 8 wks	Discontinue at 6 wks if no extension lag	Full	Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core
<b>PHASE III</b> 12-16 weeks	Full	None	Full	Advance closed chain strengthening  Progress proprioception activities  Begin stairmaster, elliptical
<b>PHASE IV</b> 16-24	Full	None	Full	<b>16 wks:</b> Begin running straight ahead <b>18 wks:</b> Begin jumping <b>20 wks:</b> Advance to sprinting,

				backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills
<b>PHASE V</b> >6 months	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA  Maintenance program based on FSA