

**PHYSICAL THERAPY PROTOCOL: Posterolateral Corner Reconstruction**

Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Signed: \_\_\_\_\_

**Frequency: 2-3 times per week x 12 weeks**

**Phase 1 → 0-6 weeks**

- Weight bearing---heel touch WB in brace with crutches/walker
- Brace:
  - 0-2 weeks: Locked in full extension at all times, unless exercises/showering
  - 2-6 weeks: unlock for ambulation 0-90
- ROM:
  - 0-2 weeks: 0-45 degrees
  - 2-6 weeks: advance slowly 0-90 degrees
- Exercises:
  - Quad sets, patellar mobs, gastroc/soleus stretch
  - SLR w/brace in full extension until quad strength prevents extension lag
  - Side-lying hip/core
  - Hamstrings avoidance until 6 weeks post-op

**Phase 2 → 6-12 weeks**

- Weight bearing---advance 25% weekly until full weight bearing
- Brace---discontinue at 6 weeks if no extension lag
- ROM---Full ROM
- Exercises
  - Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks
  - Advance hip and core

**Phase 3 → 12-16 weeks**

- Full weight bearing, no brace, full ROM
- Exercises
  - Advance closed chain strengthening
  - Progress proprioception activities
  - Begin stairmaster, elliptical and running straight at 12 weeks

**Phase 4→ 4-6 months**

- Exercises
  - Begin jumping at 16 weeks
  - At 20 weeks, advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills

**Phase 5→ >6 months**

- Full ROM and pain free
- Exercises
  - Gradual return to sports participation after completion functional sports assessment and clearance from Dr Makhni