

**Knee:
Posterolateral
Corner
Reconstruction**

Rehab Protocol

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Note - Weight bearing status, ROM, brace wear, etc – will depend on repair vs reconstruction AND concomitant plateau, cruciate and meniscal injuries

Week 1-3

- WB: Toe-Touch WB in brace with crutches / walker
- Brace: locked straight / slight flexion per surgeon –except when in PT / under protected ROM
- PROM: 0-90
- AROM: NO active hamstring activation / heel slides, OK for active extension but no active flexion (avoid x 6 weeks)
- Misc: OK for quad sets, SLR in brace, patellar mobs, scar management, modalities as indicated per therapist
- Goals: PROM, pain / swelling, quad control

Week 3-6

- WB: Partial Weight Bearing (50%) with crutches
- Brace: locked straight / slight flexion per surgeon –except when in PT / under protected ROM
- PROM: full
- AROM: AROM extension OK, avoid AROM flexion
- Goals: A/PROM, pain / swelling, quad control, SLR

Week 7-12

- WB: Progress to full
- Brace: OK to sleep without, at week 8 ok to unlock 0-30 in ambulation (Progress 30 degrees / week with goal to d/c brace by 10 weeks); transition into collateral protecting brace
- Full A/PROM
- Misc: OK for bike at 8 weeks, advance hip / core, progress flat ground treadmill (avoid hills), elliptical ok at 12 weeks
- Goals: full AROM, quad control

Months 4-6

- WB: full
- Brace: transitioned from post-op hinged brace into a sport-specific collateral protecting brace
- Strengthening: Start hamstring exercises at 4 months
- Progress to in-line running 5-6 months

Months 7-12

- Brace: sport specific brace only needed for side-to-side sport activities
- Sport specific rehab

Extra Notes: