

Posterolateral Corner Reconstruction w/wo PCL

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

- o Mini-squats with support 0-45
- o Carpet drags (not with PCL reconstruction!!)
- o Treadmill walking by 8 weeks
- **Goals**
 - o a/aa-ROM: 0-0-110 by 6 weeks and free by 8 weeks
 - o SLR x 30
 - o No effusion

Strengthening Phase (Weeks 8-12)

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

Reintegration Phase (Months 3-5)

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