



Brian B. Gilmer, MD
US Ski Team Physician

Karly M. Dawson PA-C
Teaching Associate

REHABILITATION GUIDELINES FOR POSTERIOR LATERAL CORNER RECONSTRUCTION

PHASE I (0-6 WEEKS POST-OP)

DATES:

Appointments	<p>MD appointment at (10-14 days post-op)</p> <p>Begin physical therapy (3-5 days post-op 2x week)</p>
Rehabilitation Goals	<ul style="list-style-type: none"> • Protect repair • Pain control • Decrease Inflammation • Quad activation
Precautions	<ul style="list-style-type: none"> • TTWB x 6 weeks • Brace locked at 0 degrees extension x 2 weeks all times even sleeping • Brace un-locked 0-90 degrees 2-6 weeks, can remove at night after 2 weeks • ROM progression 0-45 x 2 weeks, 0-90 x 6 weeks • No Hamstring activation x 6 weeks
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Quad sets, patellar glides • SLR with brace on until no extension lag • Core/hip activation maintaining TTWB • Gastroc/soleus stretching
Cardiovascular Exercises	<ul style="list-style-type: none"> • UBE
Progression Criteria	<ul style="list-style-type: none"> • ROM 0-90 • SLR with no extension lag

PHASE II (6-12 WEEKS POST-OP)

DATES:

Appointments	<p>Continue physical therapy (2x week)</p>
--------------	--

Rehabilitation Goals	<ul style="list-style-type: none"> • Progress gait to full weight bearing • Progress ROM to full • Normalize gait pattern • Protect repair
Precautions	<ul style="list-style-type: none"> • Slowly progress weight bearing by 50% until full in 2 weeks • Avoid ER rotation and posterior tibial sag with all activities • No open chain HS contraction x 16 weeks
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Begin bilateral closed chain ex's (heel raises, squats, lunges, hip/core) • Step up/down • Bilateral balance progressing to single leg balance • Reactive core with focus on maintaining neutral knee position • Initiate HS isometrics progressing closed chain HS strength bilateral
Cardiovascular Exercises	<ul style="list-style-type: none"> • Stationary bike • Walking level ground
Progression Criteria	<ul style="list-style-type: none"> • Pain free full ROM • Neutral knee alignment in all closed chain positions

PHASE III (12-16 WEEKS POST-OP)

DATES:

Appointments	Continue physical therapy (1-2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> • Progress strength, balance, proprioception • Return to running (no cutting motions) forward only • Normalize stairs
Precautions	<ul style="list-style-type: none"> • No cutting or pivot motions x 20 weeks • No jumping x 16 weeks • No open chain HS strength x 16 weeks • No ER or posterior sag of tibia x 16 weeks with all exercises
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Lateral lunges and motions • Single limb strength • Single limb balance/proprioception • Bilateral dead lifts progressing to single leg dead lifts
Cardiovascular Exercises	<ul style="list-style-type: none"> • Bike • Swimming • Forward running • Walking
Progression Criteria	<ul style="list-style-type: none"> • Squat and lunge to 90 in neutral knee alignment • Single leg squat to 45 in neutral knee alignment • Pain free and neutral knee alignment in gait, stairs, and running

PHASE IV (16-24 WEEKS)

DATES:

Appointments	Continue physical therapy (1-2 x week weaning to 1x week/prn)
Rehabilitation Goals	<ul style="list-style-type: none"> • Initiate jumping/plyometric progression at 16 weeks • Initiate cutting/pivot/agility at 20 weeks • Sport specific drills
Precautions	<ul style="list-style-type: none"> • Cutting/pivot/agility start at 20 weeks • Pass return to sport prior to return to sports (9 months post-op)
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Plyometric progression bilateral to single leg control • Agility drills • Multi-directional lunges • Reactive hip/core from all directions with force • Progress CKC ex's to be dynamic and double to single leg control • Sport specific drills
Cardiovascular Exercises	<ul style="list-style-type: none"> • Running, Biking, Swimming, Hiking
Progression Criteria	<ul style="list-style-type: none"> • Return to sport test 9 months post-op prior to return to cutting motion sports

MAMMOTH ORTHOPEDIC INSTITUTE

85 Sierra Park Road ▪ Mammoth Lakes, CA 93546 ▪ 760.924.4084

162 South Main Street ▪ Bishop, CA 93514 ▪ 760.872.7766

SIERRA PARK PHYSICAL AND OCCUPATIONAL THERAPY

85 Sierra Park Road ▪ Mammoth Lakes, CA 93546 ▪ 760.934.7302

162 South Main Street ▪ Bishop, CA 93514 ▪ 760.872.2942