

## Rehabilitation Protocol:

### Posterior Lateral (PL) Corner Reconstruction

|   | Weight Bearing  | ROM  | Brace Use   | Therapeutic Elements   |
|---|---|--|---|--|
| <b>PHASE I</b><br><b>0 - 4 weeks</b>    | Non-weight bearing (NWB) with crutches.                                 | NWB 0- 90°.  | Locked in full extension for ambulation and sleep. Unlock for exercises | Modalities as needed. Heel slides, quad and hamstring sets, patella mobilizations, gastroc /soleus stretch (NWB). SLR with brace locked in full extension until patient has no extension lag with SLR, then unlock brace. Start BFR. |
| <b>4 - 6 weeks</b>                      | Touch-down (TDWB) with crutches.  | Maintain full extension. Advance to full flexion as tolerated. | Unlock brace.   | May add prone hangs and extension board as needed.   |
| <b>PHASE II</b><br><b>6 - 8 weeks</b>   | 50% WB x 1 weeks, then advance to full as tolerated. Wean off crutches. | Full A/ROM.  | Discontinue brace.  | Start SLR out of brace. Progressive closed chain exercises. Continue BFR.  |
| <b>PHASE III</b><br><b>8 - 12 weeks</b> | FWB.  | Full A/PROM.   | None.   | Advance closed chain exercises. Stationary bicycle.  |
| <b>PHASE</b><br><b>12 - 16 weeks</b>    | FWB.  | Full A/PROM.   | None.   | Begin open chain strengthening. Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX).   |
| <b>PHASE IV</b><br><b>4 - 6 months</b>  | FWB.  | Full ROM.  | None.   | Start progressive running program.<br><br>Consider objective (LEAP) functional testing at 6 months.  |