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Posterior Lateral Corner Reconstruction Protocol:

Postoperative Rehabilitation PLC knee Reconstruction

I. Postop Weeks 0-6

- NWB for 1st 6wks
- For the first 2 postoperative weeks, quadriceps sets and straight leg raises while wearing a hinged knee brace locked at 0°, and ROM exercises without the immobilizer 4x qd, with a goal of achieving at least 90° of flexion by the end of the second week.
- For the 3rd-6th wk continued quadriceps sets and straight leg raises. If pt can perform the straight leg raises without an extension lag, then may do them without the brace.
- ROM is increased as tolerated, with the goal of achieving full extension and flexion by the end of the sixth week.
- Initiate basic lower-extremity and core strengthening exercises without weight-bearing.
- Caution should be taken to avoid exercises that could compromise graft integrity, including those that could increase knee forces in varus, hyperextension, or tibial external rotation.

II. Postop Weeks 7-12

- Initiate WB and wean off crutches when able to walk without a limp, gait abnormalities or compensation patterns.
- Initiate a stationary bicycle once 105-110° of knee flexion has been achieved, with the idea of initially increasing knee motion with low-resistance exercises rather than trying to gain strength.
- No active, isolated hamstring exercises are allowed for the first four months
- Initiate limited-resistance weight-training, starting with one-quarter of their body weight and progressing to one-half of their body weight as tolerated, with the note that they should not to exceed 70° of flexion while performing leg presses or mini-squat exercises.
- Initiate other weightbearing exercises to restore joint proprioception and balance

III. Postop Weeks 13-16

- Pts should achieve FROM and normal gait pattern
- Work on increasing endurance, strength, and proprioception, with an emphasis on low-impact exercises (cycling, swimming, walking, or using elliptical machines)

IV. Postop Month 4-6

- Begin step-up exercises on blocks of increasing heights.

V. Clearance

- After an evaluation of strength and stability and their recovery from any other surgical procedures done in combination with the index procedure, they then could return to full competitive pivot activities
- For isolated PLC recon 7 months or >
- For combined reconstruction procedures 9 months or >