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Rehab Protocol



Knee: Posterolateral Corner Reconstruction

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

	Week 1-3	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• Brace: sport specific brace only needed for side-to-side sport activities• Sport specific rehab

Extra Notes: