

**Daniel M. Myer, M.D**

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"><li>• WB: Toe-Touch WB in brace with crutches / walker</li><li>• Brace: locked straight / slight flexion per surgeon – except when in PT / under protected ROM</li><li>• PROM: 0-90</li><li>• AROM: NO active hamstring activation / heel slides, OK for active extension but no active flexion (avoid x 6 weeks)</li><li>• Misc: OK for quad sets, SLR in brace, patellar mobs, scar management, modalities as indicated per therapist</li><li>• Goals: PROM, pain / swelling, quad control</li></ul> |
| Week 3-6    | <ul style="list-style-type: none"><li>• WB: Partial Weight Bearing (50%) with crutches</li><li>• Brace: locked straight / slight flexion per surgeon – except when in PT / under protected ROM</li><li>• PROM: full</li><li>• AROM: AROM extension OK, avoid AROM flexion</li><li>• Goals: A/PROM, pain / swelling, quad control, SLR</li></ul>                                                                                                                                                                                          |
| Week 7-12   | <ul style="list-style-type: none"><li>• WB: Progress to full</li><li>• 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</li><li>• Full A/PROM</li><li>• Misc: OK for bike at 8 weeks, advance hip / core, progress flat ground treadmill (avoid hills), elliptical ok at 12 weeks</li><li>• Goals: full AROM, quad control</li></ul>                                                                   |
| Months 4-6  | <ul style="list-style-type: none"><li>• WB: full</li><li>• Brace: transitioned from post-op hinged brace into a sport-specific collateral protecting brace</li><li>• Strengthening: Start hamstring exercises at 4 months</li><li>• Progress to in-line running 5-6 months</li></ul>                                                                                                                                                                                                                                                     |
| Months 7-12 | <ul style="list-style-type: none"><li>• Brace: sport specific brace only needed for side-to-side sport activities</li><li>• Sport specific rehab</li></ul>                                                                                                                                                                                                                                                                                                                                                                               |

Extra Notes: