

COMPREHENSIVE PHYSICAL THERAPY

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### Sports Medicine/Foot & Ankle

## Posterolateral Corner (PLC) Reconstruction

### Post-Operative Protocol

#### Phase I – Maximum Protection

##### **Weeks 0 to 4:**

- Non-weight bearing with crutches
- Brace locked in extension for all mobility, may unlock when seated
- Avoid posterior and externally rotated tibia glides or maneuvers
- Avoid isolated hamstring exercises

##### Goals

- Reduce inflammation
- Normalize patella mobility with manual mobilizations
- Full extension
- 90° - 100° of knee flexion, progressing to full as tolerated

##### Exercise progression

- Quadriceps setting using NMES as needed
- Multi-plane straight leg raising

##### **Weeks 4 to 6:**

- Begin partial weight-bearing at 4 weeks and progress to WBAT by 6 weeks
- Maintain brace use, allow brace to be unlocked with partial ROM as quad control allows

##### Goals

- Progress off crutches
- Knee flexion to 120 degrees, progress as tolerated
- Normalized gait mechanics
- Reduce inflammation
- Full knee extension
- 100° – 120° of knee flexion, progress as tolerated

#### Phase II – Progressive Stretching and Early Strengthening

##### **Weeks 6 to 8:**

- Wean from brace when gait normalized and quad activation is sufficient

##### Goals

- Progress closed chain strengthening
- Avoid open chain hamstring resisted exercise x4 months post-op
- Eliminate movement dysfunction (i.e. no dynamic valgus at the knee)

##### Exercise progression

- Bilateral squat progression
- Multi-plane open and closed kinetic chain hip strengthening
- Step-up and step-down progression
- Stationary biking and treadmill/outdoor walking
- Proprioception drills
- Increase intensity of stationary bike program, may add elevation to treadmill walking and elliptical

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#### Phase III – Advanced Strengthening and Proprioception

##### **Weeks 8 to 12:**

###### Goals

- Progressive strengthening and endurance training

###### Exercise progression

- Weighted squat progression
- Lunge progression (retro, walk and split) as indicated
- Single limb stability exercises
- Outdoor biking – week 8
- Lateral lunge progression – week 8 to 10
- Shallow water pool running – week 8 to 10
- Swimming free style – week 8 to 10
- Backward elevated treadmill walking – week 8 to 10
- Basic ladder series – week 10
- Begin linear treadmill jogging – week 10-12

#### Phase IV – Advance Strengthening and Running Progression

##### **Weeks 12 to 20:**

###### Goals

- Pass preliminary functional test at >90% (involved vs uninvolved limb)
  - See testing protocol

###### Exercise progression

- Progress resistance with squat and lunge strengthening program
- May add leg extensions at 30° - 0° (exclude patients with patellar or trochlear groove chondral pathology)
- Linear running progression
- Advanced ladder series
- Basic plyometric box progression

##### **Weeks 12 to 14:**

Administer preliminary functional test for physician to review

#### Phase V – Return to Sport

##### **Weeks 20 to 24:**

###### Exercise progression

- Hurdle and plyo box progressions
- Sport specific field/court drills
- Non-contact drills

###### Criteria to be released for return to sport

- Follow-up examination with the physician
- Pass return-to-sport functional test at >90% (involved vs uninvolved limb)
  - See testing protocol
- Display symmetry and confidence in high-speed cutting, multiplane plyometric drills, sprinting and decelerating

Revised 6/2018