

Posterolateral Corner Reconstruction

Name: _____
Dr: Robert F. LaPrade, M.D., Ph.D. Date: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS

0-90 x 2 wks

BRACE SETTINGS

Immobilizer x 6wks.

Weight Bearing status

NWB x 6 weeks

TIME LINES

Week 1 (1-7POD)
Week 2 (8-14POD)
Week 3 (15-21POD)
Week 4 (22-28POD)

	1	2	3	4	5	6	7	8	9	10	12	14	16	18	20	22	24
Initial Exercises																	
Flexion/Extension – Wallslides			●	●	●	●	●	●	●	●	●						
Flexion/Ext – seated/calf assisted or prone	●	●	●	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●									
Quad series	●	●	●	●	●	●	●	●									
Hamstring sets							●	●	●	●	●	●	●	●	●	●	●
Sit and reach for hamstrings (no hypertext)					●	●	●	●									
Ankle pumps	●	●	●	●	●	●	●	●	●								
Crutch weaning							●	●	●								
Toe and heel raises							●	●	●								
Balance series										●	●	●	●	●	●	●	●
Cardiovascular Exercises																	
Bike with both legs – no resistance							●	●	●	●							
Bike with both legs - resistance									●	●	●	●	●	●	●	●	●
Aquajogging									●	●	●	●	●	●	●	●	●
Treadmill – walking 7% incline											●	●	●	●	●	●	●
Swimming with fins – light flutter kick											●	●	●	●	●	●	●
Elliptical trainer											●	●	●	●	●	●	●
Rowing											●	●	●	●	●	●	●
Stair stepper											●	●	●	●	●	●	●
Strength Training																	
Double knee bends								●	●	●	●	●	●	●	●	●	●
Double leg bridges									●	●	●	●	●	●	●	●	●
Reverse lunge – static holds									●	●	●	●	●	●	●	●	●
Beginning cord exercises								●	●	●	●	●	●	●	●	●	●
Balance squats										●	●	●	●	●	●	●	●
Single leg deadlift											●	●	●	●	●	●	●
Leg press to max. 70° knee flexion								●	●	●	●	●	●	●	●	●	●
Sports Test exercises												●	●	●	●	●	●
Activity Exercises																	
Running progression																	
Initial – single plane																	●
Advance – multi directional																	●
Functional sports test																	●
High Level Activities																	
Golf progression																	
Outdoor biking, hiking, snowshoeing																	●
Skiing, basketball, tennis, football, soccer after 7-9 months																	●

* Avoid posterior tibial sag, avoid tibial external rotation x 4 months.
* Hold open chain hamstring exercise x 4 months.