

Posterolateral Corner Reconstruction

Center for Athletic Medicine – Dr. Preston Wolin

Please call 773.248.4150 with any and all questions

Adapted from Robert F. LaPrade, M.D., Ph.D. (Howard Head Sports Medicine Clinic)

		● = Do exercise for that week													
		Week													
ROM RESTRICTIONS		Initial Exercises													
0-90 x 2 wks		1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension – Wallslides				●	●	●	●	●	●	●	●				
Flexion/Ext – seated/calf assisted or prone		●	●	●	●	●	●	●	●	●	●				
Patella/Tendon mobilization		●	●	●	●	●	●	●							
BRACE SETTINGS		Cardiovascular Exercises													
Immobilizer x 6wks.		1	2	3	4	5	6	7	8	9	10	12	16	20	24
Quad series		●	●	●	●	●	●	●							
Hamstring sets								●	●	●	●	●	●	●	●
Sit and reach for hamstrings (no hypertex)						●	●	●	●						
Ankle pumps		●	●	●	●	●	●	●	●						
Crutch weaning								●	●	●					
Toe and heel raises									●	●	●				
Balance series											●	●	●	●	●
Weight Bearing status		Weight Bearing Strength													
NWB x 6 weeks		1	2	3	4	5	6	7	8	9	10	12	16	20	24
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													●	●	●
TIME LINES		Agility Exercises													
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	16	20	24
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														●	●
High Level Activities		1	2	3	4	5	6	7	8	9	10	12	16	20	32
Golf progression															●
Outdoor biking, hiking, snowshoeing															●
Skiing, basketball, tennis, football, soccer after 7-9 months															●

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*Avoid posterior tibial sag, avoid tibial external rotation x 4 months.

*Hold open chain hamstring exercise x 4 months.