

Posterolateral Corner (PLC*) Reconstruction

(*Fibular Collateral Ligament, Popliteofibular ligament, Arcuate Ligament)

Patient Name: _____

Date: _____

Diagnosis: _____

DOS: _____

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 weeks

Phase 1 (0-6wks):

- Weightbearing: Non-weightbearing
- Brace: Worn at all times including sleep
- ROM: 0-90deg 0-4wk PO; 0-120deg 4-6wk PO
- Exercises: Quad sets, patellar mobs, gastroc/soleus stretch. SLR w/ brace in full extension until quad strength prevents extension lag. Side-lying hip/core. Hamstrings avoidance until 6wks PO

Phase 2 (6-12wks)

- Weightbearing: Full
- Brace: D/C
- ROM: Full
- Exercises: Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core

Phase 3 (12-16wks)

- Weightbearing: Full
- Brace: None
- ROM: Full
- Exercises: Progress closed chain activities. Progress proprioception activities. Begin stairmaster, elliptical and running straight ahead at 12wks.
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Phase 4 (16-24wks)

- Weightbearing: Full
- Brace: None
- ROM: Full
- Exercises: 16wks: Begin jumping; 20wks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills

Phase 5 (>6mo)

- Weightbearing: Full
- Brace: None
- ROM: Full and painfree
- Exercises: Gradual return to sports participation after completion of FSA***. Maintenance program based on FSA.

*Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure

***Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at 22-24wks PO or competitive athletes returning to play after rehab.