



ANTEROLATERAL LIGAMENT RECONSTRUCTION

Post-Operative Rehabilitation Protocol

Sure, here's a reworded version:

0-2 Weeks

- Non-weight bearing (NWB) with brace locked in extension for 2 weeks
- AROM/PROM: 0-90°, with focus on achieving full extension
- Patella mobilization
- Straight leg raises (SLR) in supine position with brace locked at 0°
- Quad sets with brace locked at 0°
- Heel slides
- Ankle pumps

2-4 Weeks

- Begin weight-bearing as tolerated (WBAT), progressing to partial weight-bearing (PWB) (starting at 25%, then 50%)
- Discontinue brace when WBAT can be achieved without crutches
- Brace may be unlocked during crutch transition starting at 2 weeks post-op
- No weight-bearing with knee flexion beyond 90°
- Work on improving range of motion (ROM) until full range is achieved (maintain full extension)
- Start using stationary bike

4-8 Weeks

- Transition to full WBAT with brace unlocked
- Discontinue crutches once gait is normalized and non-antalgic
- Wall sits to 90°

8-12 Weeks

- Continue improving ROM
- Progress with closed chain exercises

- Lunges from 0-90°
- Leg press from 0-90°

12-16 Weeks

- Continue advancing strengthening exercises
- Incorporate single-leg strengthening
- Begin jogging and progress toward running
- Start sport-specific exercises

Note: Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery