



POSTEROLATERAL CORNER RECONSTRUCTION

Post-Operative Therapy Protocol

0-2 Weeks:

- Non-weight bearing (NWB) for 6 weeks
- Range of Motion (ROM): 0-90°, with focus on achieving full extension
- Patella mobilization
- Supine straight leg raises (SLR) with brace locked at 0°
- Quad sets with brace locked at 0°
- Ankle pumps
- Short-crank (90mm) ergometry

2-6 Weeks:

- Flexion and extension wall slides
- Continue with ROM exercises

6-12 Weeks:

- Start spinning on a stationary bike
- Gradually wean off crutches
- Sit and reach for hamstrings
- Progressive squat program
- Begin step-down program
- Balance exercises
- Double-leg bridges
- Introduce resistance cord exercises

12-20 Weeks:

- Sports-specific test exercises
- No gravity (AlterG) running

>24 Weeks:

- Running progression
- Agility drills
- Multidirectional movements
- Complete functional sports tests

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