

KNEE POSTEROLATERAL CORNER RECONSTRUCTION

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____ Weeks 0-2:

- Brace at all times except for grooming (see below for ROM restrictions and brace settings)
- Toe touch weight bearing with brace in full extension when ambulating
 - Brace locked in full extension when sleeping
 - When not ambulating/sleeping, brace set 0-45 degrees when sitting/performing PT
- Quad sets/straight leg raises (with brace locked in extension); Patellar mobs, ankle pumps

____ Weeks 2-6:

- Continue toe touch weight bearing
- Brace set 0-90 when ambulating and at rest; may remove for PT/ROM exercises
- Quad sets/straight leg raises with brace until able to do without extension lag
 - If no extension lag, can do quad sets/SLRs without brace
- No active isolated hamstring exercises; hip/core exercises while avoiding knee varus stress

____ Weeks 6-10:

- Begin 25% weight bearing increase by 25% every week days until full weight bearing by 9-10 weeks - d/c crutches when gait normalizes

____ Weeks 11-12:

- Limited closed chain resistance weight training (10 → 25% of body weight during leg press/mini-squat)
- Stationary bike, balance exercises, step-ups; progress hip/core work with avoidance of varus
- No active isolated hamstring exercises (curls)

____ Week 12 to 6 months:

- Advance closed chain strengthening/proprioception; isolated hamstring exercises ok
- Stairmaster, elliptical, advance stationary bike

____ 6+ months

- Progress to jogging and running progression, slideboard, single leg hops, plyometrics
- Sports specific drills with gradual return to sport (~6-9 months)

Signature _____

Date: _____