

KNEE POSTEROLATERAL CORNER REPAIR

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; Brace in full extension when ambulating/sleeping
 - When not ambulating/sleeping, brace set 0-90 degrees when sitting/performing PT
- No active isolated hamstring exercises; hip/core exercises while avoiding knee varus stress
- Quad sets/straight leg raises (with brace locked in extension); Patellar mobs, ankle pumps
- CPM 30-70° 6 hrs/day and increase by 5 degrees per direction/day as tolerated up to 0-90°

____Weeks 2-6:

- Continue toe touch weight bearing; May remove brace for PT/ROM exercises, continue CPM
- 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
- ROM restriction 0-90 weeks 2-4 and progress 0-120 weeks 4-6

____Weeks 6-12:

- D/c brace and advance ROM as tolerated; No active isolated hamstring exercises (curls)
- Begin 25% weight bearing increase by 25% every 5 days until full weight bearing by 8-9 weeks - d/c crutches when gait normalizes
- Begin limited closed chain knee extension resistance
- Stationary bike, balance exercises, step-ups; progress hip/core work with avoidance of varus

____Weeks 12-16:

- Limited closed chain resistance weight training (10 → 25% of body weight during leg press/mini-squat)
- Isolated hamstring exercises ok; Stairmaster, elliptical, advance stationary bike

____Weeks 16+

- Progress to jogging and running progression, slideboard, single leg hops, plyometrics
- Sports specific drills with gradual return to sport (9-12 months)

Signature _____

Date: _____