



# Post-Operative Rehabilitation Guidelines for Posterolateral Corner Reconstruction +/- PCL - Rehab Protocol

## **Phase 1: 0-6 weeks: Protection**

NWB 6 weeks

Avoid tibial rotation, hyperextension and varus force to the knee.

Hinged knee brace locked in extension for ambulation and sleeping x 6 weeks.

\*\*If PCL reconstruction dynamic knee brace used for 6 months

ROM 0-90 for weeks 0-2, then progress as tolerated. Emphasize maintenance of full extension.

\*\*If PCL reconstruction, perform ROM in prone position to avoid tension on PCL graft via posterior tibial glide from gravity.

\*\*If PCL reconstruction, NO active knee flexion and open chain hamstring isometrics x 8 weeks

## **Exercises:**

ROM:

Wall slides/supine heel slide with strap

Seated knee flexion with contralateral LE assist

\*\*If PCL reconstruction perform prone knee flexion PROM with strap.

## **Neuromuscular Control:**

Quad Set, Prone TKE, SLR in brace

Use of NMES if insufficient volitional quad activation.

Quad isometrics at 90, 60, 30 and 0 deg knee flexion

S/L hip ABD in brace

Prone hip ext in brace

Ankle mobility and resisted motions in all planes in supine, long sit or seated position.

Supine and seated core stabilization.

Seated/supine anti rotation/pallof

Supine core isometrics with UE and LE dissociative movements.

**Criterion to progress:**

Pain free ROM 0-90

Pain/swelling controlled

SLR without extensor lag

**Phase 2: 6-12 weeks: Restore ROM and strength**

No kneeling for 12 weeks post op.

Progress to PWB and then FWB/wean off assistive device

Discharge crutches then brace when adequate quad activation/strength

\*If PCL reconstruction keep dynamic brace for 6 months

ie. No extension lag with SLR, no knee buckling with weight shifting

**ROM:**

Stationary bike

**Proprioception and balance:**

Initiate balance training

### **Strengthening:**

Closed chain functional exercise

Mini squat, Step up, lunging in sagittal plane (no flexion >70 deg)

Bridge

Side steps

Keep band proximal to minimize varus force on knee

Core strength and endurance

### **Criterion to progress:**

Pain free, non-antalgic gait without AD for limited distances

PROM normalized to contralateral side 100%

Dynamometry 80% compared contralaterally with muscle testing

### **Phase 3 12-20 weeks: Restore dynamic strength and begin plyometrics**

Initiate transverse plane and multiplanar motions

Initiate plyometrics

Restore power

### **Criterion to progress:**

Y balance test >90%

60 sec continuous SL squat to 60 deg without femoral and lumbo-pelvic compensations

Plank and side plank 60 sec without compensations

Dynamometry 90% compared contralaterally with muscle testing

Return to PLOF with minimal symptoms

#### **Phase 4 : Return to sport**

AlterG initiated at 20 weeks for running

Full body running at 24 weeks

Sport specific dynamic exercises

\*\*If PCL reconstruction, discharge dynamic brace if kneeling stress X-rays demonstrate less than 2mm of difference