



GOLDEN STATE ORTHOPEDICS & SPINE

POSTEROLATERAL CORNER RECONSTRUCTION REHABILITATION

STAGE 1: WEEKS 0-6:

Weight Bearing: Heel Touch WB in Brace

Brace:

- **0-2 Weeks:** Locked in full extension for ambulation and sleeping
- **2-6 Weeks:** Unlocked for ambulation 0°-90°, remove for sleeping

ROM:

- **0-2 Weeks:** 0°-45°
- **2-6 Weeks:** Advance slowly, 0°-90°

Exercises:

- Quad sets, Patellar mobilizations, gastroc/soleus stretching
- SLR with brace in full extension until quad strength prevents extension lag
- Sidelying hip/core
- Hamstrings avoidance until 6 weeks post-op

STAGE 2: WEEKS 6-12:

Weight Bearing: Advance 25% weekly until FWB by 8 weeks

Brace: Discontinue at 6 weeks if no extension lag

ROM: Full

Exercises:

- Toe Raises
- Closed-chain Quadriceps
- Balance/Proprioception Exercises
- Hamstring Curls
- Stationary Bike
- Step-Ups
- Front and Side Planks
- Advanced Hip/Core

STAGE 3: WEEKS 13-23:

Weight Bearing: FWB

Exercises:

- Advanced closed-chain strengthening
- Progress proprioception activities
- Begin StairMaster, Elliptical Trainer
- Straight-line running at 12 weeks post-op



GOLDEN STATE ORTHOPEDICS & SPINE

POSTEROLATERAL CORNER RECONSTRUCTION REHABILITATION

STAGE 4: WEEKS 16-24:

Weight Bearing: FWB

Exercises:

- **16 Weeks:** Begin jumping
- **20 Weeks:** Advance to sprinting, backwards running, cutting/pivoting/changing directions, initiate plyometric program and sports specific drills

STAGE 5: >6 MONTHS:

ROM: Full and pain-free

Exercises:

- Gradual return to sports participation after completion of FSA (Functional Sports Assessment not mandatory, but recommended at 22-24 weeks post-op for competitive athletes returning to play after rehab)
- Maintenance program based on FSA