



Official Health Care Provider of the Louisville Cardinals

**Procedure:** Isolated posterolateral corner reconstruction (PLC)

**Description of Procedure:** PLC reconstruction using allograft tissue +/- suture tape augmentation

**PT Frequency:** 3-4x wkly 0-3 mo, physician/therapist discretion afterwards. Home exercises daily.

**Important Note:** Please *heavily* emphasize early ROM to avoid arthrofibrosis.

	Weight Bearing	Brace	ROM	Therapeutic Exercises
<b>Phase I: 0-4 wks</b>	Toe touch weight bearing (TTWB) with crutches immediately postop but progress to WBAT (dual crutch use → single crutch use in opposite arm → no crutch use).	<p><b>0-2 wks:</b> Locked in full extension for sleeping and all WB. Off <b>only</b> for hygiene.</p> <p><b>2-4 wks:</b> Unlocked when quadriceps activity returns. Off for sleep and hygiene.</p> <p>Dressing: PT may perform dressing change as needed. Leave steri-strips in place. Ok to shower with or without dressing. No tub bathing/soaking until wound fully healed.</p>	<p>Full with therapy except as above weeks 0-2.</p> <p>Emphasize extension.</p> <p>Goal of full extension and 90° passive flexion by 2 weeks, 120° by 4 weeks.</p>	<p>Quad sets, patellar mobilization, SLR with brace locked in extension, seated SAQ sets.</p> <p><b>**Avoid varus/ valgus, tibial rotation***</b></p>
<b>Phase II: 4-12 wks</b>	<b>4-6 wks:</b> Quickly progress weight bearing to encourage ROM.	<p><b>4-6 wks:</b> Brace unlocked</p> <p><b>6-12 wks:</b> discontinue</p>	<p>Full with goal of 120° flexion by 6 weeks.</p>	<p>Progress through passive, active, and resisted ROM. Extension board and prone hang with ankle weights (up to 10 lbs), posterior leg stretch (legs up against a wall), seated wall sits (back against wall, legs flat on ground). Stationary bike with no resistance for knee flexion (alter seat height as ROM increases). Encourage frequent ankle ROM.</p> <p><b>Initiate BFR</b> when quadriceps activity returns. SAQ sets (seated</p>

	Weight Bearing	Brace	ROM	Therapeutic Exercises
				<p>first, progress to standing), SLRs with knee locked in extension. Standing glut sets.</p> <p><b>**Avoid varus/ valgus, tibial rotation***</b></p> <p>Closed chain work (mini-squats/weight shifts, gentle leg press 0-90° arc) once full weight bearing. Wall sits. Progress proprioception training. Initiate Step-Up program. No restrictions to ankle/hip strengthening</p> <p>Modalities PRN</p>
<b>Phase III: 12 wks onward</b>	WBAT	None	Full	<p><b>12-18 wks:</b> Progress exercises and functional activities (single leg balance, core, glutes.</p> <p>Advance strengthening as tolerated, continue closed chain exercises. Increase resistance on equipment.</p> <p>Begin forward treadmill running program when 8" step down is satisfactory (No sooner than 12, preferably 16 weeks).</p> <p>Begin plyometrics and increase as tolerated.</p> <p><b>18-24 wks:</b> Initiate sport-specific agility drills and functional testing. Advance plyometric program starting at 22 weeks.</p> <p>Advance agility program at 22 weeks (Z cuts, backward to forward running, footwork drills, double leg power jumps, alternate single leg jump rope).</p> <p>FSA at 6-8 mo.</p>

Typical follow up frequency is 2 wks with mid-level then with Dr. Richards at 4-6 wks, 3 mo, 6 mo, 8-9 mo for RTP discussion, 1 yr, 2 yr, and 5 yr. Long term follow up is kindly requested for data collection. Frequency is subject to change pending patient progress. Progression back to sport is dependent on case-by-case basis and determined by Dr. Richards. If significant pain or swelling occurs, patient is expected to stop causative activity and follow up with our office. On call providers are always available.

