

Rehabilitation Protocol: **Posterior Lateral (PL) Corner Reconstruction**

	Weight Bearing	ROM	Brace Use	Therapeutic Elements
PHASE I 0 - 4 weeks	Non-weight bearing (NWB) with crutches.	NWB 0- 90°.	Locked in full extension for ambulation and sleep. Unlock for exercises	Modalities as needed. Heel slides, quad and hamstring sets, patella mobilizations, gastroc /soleus stretch (NWB). SLR with brace locked in full extension until patient has no extension lag with SLR, then unlock brace. Start BFR.
4 - 6 weeks	Touch-down (TDWB) with crutches.	Maintain full extension. Advance to full flexion as tolerated.	Unlock brace.	May add prone hangs and extension board as needed.
PHASE II 6 - 8 weeks	50% WB x 1 weeks, then advance to full as tolerated. Wean off crutches.	Full A/ROM.	Discontinue brace.	Start SLR out of brace. Progressive closed chain exercises. Continue BFR.
PHASE III 8 - 12 weeks	FWB.	Full A/PROM.	None.	Advance closed chain exercises. Stationary bicycle.
PHASE 12 - 16 weeks	FWB.	Full A/PROM.	None.	Begin open chain strengthening. Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX).
PHASE IV 4 - 6 months	FWB.	Full ROM.	None.	Start progressive running program. Consider objective (LEAP) functional testing at 6 months.