


THOMAS KREMEN, MD

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE
 UCLA DEPARTMENT OF ORTHOPAEDIC SURGERY
 (310) 825-7077 OFFICE
 (310) 825-1311 FAX
 CA License: A101807

PATIENT STICKER

POSTEROLATERAL CORNER (PLC) RECONSTRUCTION PROTOCOL

PREOPERATIVE INSTRUCTIONS:

- Non-weight bearing with crutches
- Instruction in immediate postoperative activities/hospital course
- Brace stays on for all exercises. May open brace to put muscle stimulator on and to perform patella mobilizations.

PHASE I:

Postoperative 1 to 4 weeks:

Brace:

- Locked at 0° or full extension

Weightbearing Status

- Non-weight bearing

Exercises:

- Ankle Pumps
- Patella mobilization and passive extension to zero
- Quadriceps sets, adductor sets with quad sets, gluteus sets, straight leg raises (flexion)

PHASE II:

Postoperative 4 weeks:

Brace:

- Continue locked in full extension at night, unlock for PT

Weightbearing Status

- Non-weight bearing

Exercises:

- Continue prior exercises
- Initiate passive range of motion/active assisted range of motion to tolerance

Postoperative 6 weeks:**Brace:**

- Unlock brace – may discharge when gait is non-antalgic

Weightbearing Status:

- WBAT – advance to FWB

Exercises:

- Work toward regaining full active flexion seated, not against gravity
- Initiate exercise bike and swimming, emphasizing range of motion
- Initiate progressive resistance exercises for quadriceps only (i.e., knee extension)

Postoperative 10 weeks:**Exercises:**

- Initiate hamstring work against gravity and progress to progressive resistance exercises as tolerated.

PHASE III:**Postoperative 12 weeks:****Exercises:**

- Bicycle for ROM and endurance
- Pool program (strengthening, swimming, walking)
- Emphasize closed kinetic chain exercises:
 - Mini-squats
 - Lateral lunges
 - Front lunges
 - Wall squats
 - Leg press
- Continue isotonic strengthening:
 - Knee extension
 - Hip abduction/adduction
 - Light hamstring curls (if necessary)
- Stairmaster for endurance training/Pre-cor/Nordic Trac

PHASE IV:

Postoperative 4 to 6 months:

- Gradually initiate running or agility drills (pool/unweighted)
- Continue all strengthening exercises
- Gradual return to sports activity (6 months or longer)