



## Posterolateral Corner (PLC) Repair/Reconstruction

Ryan W. Hess, MD

Dr. Hess Care Coordinator Phone: 763-302-2223

Fax: 763-302-2401

- **Phase I – Immediate Post Surgical Phase (Week 0-2)**
  - Goals
    - Maintain integrity of reconstructed tissue
    - Gradually increase PROM
    - Decrease pain and inflammation
    - Prevent muscular inhibition
  - Cryotherapy for pain/inflammation
    - Ice 15-20 minutes every hour
  - Sleeping
    - Sleep in brace/knee immobilizer
  - Weight Bearing
    - Touch down weight-bearing in hinged brace
    - Crutches as needed
  - Brace
    - Hinged brace locked in extension for ambulation and sleeping
  - ROM
    - 0-40 degrees
  - Muscle Retraining
    - Quadriceps isometrics, SLR
    - Heel slides
  - Avoid excessive hamstrings stretches, active hamstrings exercises if hamstrings autograft used for 6 weeks
  - Exercises
    - Quad sets, patellar mobs, gastroc/soleus stretches
    - Side-lying hip/core
  
- **Phase II – Protection Phase (Week 2-6)**
  - Goals
    - Allow healing of soft tissue
    - Do not overstress healing tissue
    - Gradually increase ROM
      - Progression based on swelling/inflammation

- Decrease pain and inflammation
  - Week 2-4
    - Continue use of ice as needed
    - ROM
      - 0-60 degrees
    - Weight bearing
      - Continue touch-down weight-bearing
    - Muscle retraining
    - Core strengthening
  - Week 4-6
    - May use heat prior to exercises
    - ROM
      - 0-90 degrees
    - Weight bearing
      - Continue touch-down weight-bearing
    - Muscle retraining
    - Core strengthening
- Phase III – Intermediate Phase (Week 6-12)
  - Goals
    - Full ROM (Week 6-8)
    - Focus on maintaining full extension
    - Eliminate swelling
    - Functional exercise movements
    - May discontinue brace (Dr. Hess discretion)
  - Criteria to progress to Phase III
    - Minimal inflammation/pain
    - Near full ROM
    - Strong quadriceps contraction
  - Weight bearing
    - Advance 25-50% weekly until full by 8 weeks
  - Continue quadriceps strengthening
  - Continue above exercises
  - May begin stationary bike
  - May begin wall squats
  - May begin pool program
  - Closed-chain quad exercises
  - Balance, proprioception
  - Core/hip/glute program
- Phase IV –Strengthening Phase (Week 12-18)

- Goals
    - Maintain full ROM
    - Improve limb strength and endurance
    - Gradual return to functional activities
  - Criteria to progress to Phase IV
    - Full, non-painful ROM
    - Absence of swelling/inflammation
  - Continue above exercises
  - Advance closed-chain strengthening
  - May begin straight-ahead running at 12 weeks
  - May begin jumping at 16 weeks
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- **Phase V –Return to Activity Phase (Week 18-24+)**
    - Goals
      - Gradual return to strenuous work activities
      - Gradual return to recreational sports activities
    - Criteria to progress to Phase V
      - Appropriate strength level/Clinical exam
    - May begin sprinting, cutting, pivoting at 20-22 weeks
    - Initiate plyometric program, sport specific drills at 20-22 weeks
    - May complete functional sports assessment (FSA) at 24 weeks
    - Clearance to return to sport dependent upon progress with PT, discussion with Dr. Hess