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Posterolateral Corner Knee Reconstruction/Repair

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
Early Phase 0 -2 weeks	Touch down with crutches	locked in full extension at all times other than PT	ROM: A / AAROM 0-90 as tolerated	Modalities as needed. Patella Mob; SLR's with estim; Cocontractions, Prone hangs; avoid hip abduction
2-6 weeks	Touch Down weight bearing with crutches and brace locked in full extension at all times other than PT	locked in full extension at all times other than PT	PROM/AROM: 0-90 degrees	Cont. above, scar mobilization,
Recovery Phase: 6 - 10 weeks	Progression to WBAT over 2 weeks	brace open to AROM; D/C crutches when normal gait	Full AROM (0-110 by 6 weeks)	Gentle hip abduction, no resistance below knee; Wall sits 0-45, minisquats with support 0-45, Pool therapy, treadmill walking by 8 weeks
Strengthening phase 10-14 weeks	Full	None	Full AROM/PROM	Cont above with increased resistance, Step downs, treadmill, stretching, Walk 1-2 miles a 15min/mile pace
4-6 months	Full	if return to sport fitting for custom brace by 5 months	Full ROM	Slide boards, begin agility drills, Figure 8's, gentle loops large zigzags; swimming;

				begin pyometrics at 4 months; Run 1-2 miles at 10-12 min/mile pace