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Posterolateral Corner (PLC) Reconstruction

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–6 weeks** GOAL TO ADVANCE *Flexion 0-90°; leg raise without lag*	0-90° for 2 weeks, then progress as tolerated; full extension. No hyperextension, twisting or varus stress*	Non-weight bearing with crutches for 6 weeks. Hinged brace locked straight for walking; unlocked for sitting and exercise	Quad sets, prone terminal knee extension, straight-leg raises in brace, quad isometrics, hip abduction and prone hip extension in brace, ankle and core work
Phase II **6–12 weeks** GOAL TO ADVANCE *Normal gait; motion equal to other side; strength ≥80%*	Progress and maintain full	Partial → full weight bearing; wean crutches; discontinue brace with good quad control	Bike, mini-squats, step-ups, forward lunges <70°, bridges, band side-steps (band above knee), balance, core. No kneeling for 12 weeks
Phase III **12–20 weeks** GOAL TO ADVANCE *Strength ≥90%; Y-balance ≥90%*	Full	Full	Side-to-side and rotational movement, plyometrics, power training
Phase IV **20+ weeks** GOAL TO ADVANCE *Physician clearance*	Full without discomfort	—	Unweighted (AlterG) running at 20 weeks, full running at 24 weeks; sport-specific training; return to sport at about 6-9 months**

NOTES

*Varus stress (knee pushed outward) and twisting the foot outward stretch the posterolateral corner reconstruction

**If approved by physician