

POSTERIOR/LATERAL CORNER REPAIR

***If posterior/lateral corner repair is done in conjunction with ACL or PCL reconstruction then follow limitations of both protocols**

Phase I (Week 0 – 4)

- TDWB with crutches and immobilizer
- ROM from 0 - 60° (PROM/AAROM)
- Strengthening:
 - Quadri-sets
 - SLR's X 3 planes (no abduction)
 - Ankle pumps
- Patellar mobilizations
- Begin gentle stretches (hamstrings, gastrocnemius)

Phase II (Weeks 4 – 6)

- Continue TDWB with crutches and immobilizer
- Progress AAROM/PROM to 0 - 90°

Phase III (weeks 6 – 12)

- Wean from immobilizer and progress to PWB x 2 weeks and then to WBAT and wean from crutches when no limp
- Begin light open chain isotonic exercises
- Begin light closed chain strengthening
- Begin balance/proprioception program

Phase IV (weeks 12- 16)

- Progress above ROM, flexibility, proprioception and strengthening program
- Isokinetic test (full ROM/high speeds)
- Gradual return to previous activity level with physician approval



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