POSTEROLATERAL CORNER/ LCL RECONSTRUCTION or REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-6 weeks	Heel touch in brace	**0-2 weeks**: Locked in full extension for ambulation and sleeping **2-6 weeks**: Unlocked 0-90 and worn daytime Off for hygiene and exercises	**0-2 weeks:** 0-45 **2 weeks+:** advance slowly as tolerated	Quad sets, patellar mobs, gastroc/soleus stretch, leg hangs SLR w/ brace in full extension until quad strength prevents extension lag Begin side-lying hip/core ***Hamstring avoidance until 6 wks post-op ***Avoid tibial rotation, hyperextension, and varus force to the knee**
PHASE II 6-8 weeks	Advance 25% weekly until full WB by 8 wks	Discontinue when WB comfortably	Full	Begin toe raises, closed chain exercises, eccentric quads, balance exercises, gait normalization, step-ups, front and side planks; advance hip/core Start stationary bike as tolerated **Begin hamstring curls, glute sets, eccentric hamstrings after 6 weeks**
PHASE III 8-16 weeks	Full	None	Full	Advance closed chain strengthening and gait training Progress proprioception activities, maximize core/glutes/hips, pelvic stability work, eccentric hamstrings, balance
PHASE IV 16-24 weeks	Full	None	Full	**16 wks:** Begin stair master, elliptical, running straight ahead, and jumping **20 wks**: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills **22 wks**: Advance as tolerated FSA completed at 22 wks***
PHASE V >6 months	Full	None	Full	Gradual return to sports participation after completion of FSA and clearance by MD

*Brace may be removed at night after first post-operative visit (day 7-14) if directed

*Completion of FSA (Functional Sports Assessment/Lower Body Assessment) is not mandatory, but highly recommended at approximately 22 weeks postop for competitive athletes returning to sport

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