

KNEE POSTEROLATERAL CORNER (PLC) RECONSTRUCTION
PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 8 weeks
Please contact office for renewal as needed

Weeks 0-2	<ul style="list-style-type: none"> • Brace at all times except for bathing (see below for ROM restrictions and brace settings) • Toe touch weight bearing with brace in full extension when ambulating <ul style="list-style-type: none"> • Brace locked in full extension when sleeping • When not ambulating/sleeping, brace set 0-45° when sitting/performing PT • Quad sets/straight leg raises (with brace locked in extension); patellar mobilization, ankle pumps
Weeks 3-6	<ul style="list-style-type: none"> • Continue toe touch weight bearing • Brace set 0-90° when ambulating and at rest; may remove for PT/ROM exercises • Quad sets/straight leg raises with brace until able to do without extension lag <ul style="list-style-type: none"> • If no extension lag, can do quad sets/SLRs without brace • No active isolated hamstring exercises; hip/core exercises while avoiding knee varus stress
Weeks 7-12	<ul style="list-style-type: none"> • D/c brace and advance ROM as tolerated • Begin 25% weight bearing increase by 25% every 5 days until full weight bearing by 8-9 weeks; d/c crutches when gait normalizes • Limited closed chain resistance weight training (10-25% of body weight during leg press/mini squat) • Stationary bike, balance exercises, step-ups; progress hip/core work with avoidance of varus • No active isolated hamstring exercises (curls)
Weeks 13-16	<ul style="list-style-type: none"> • Advance closed chain strengthening/proprioception; isolated hamstring exercises ok • Stairmaster, elliptical, advance stationary bike
Weeks 16+	<ul style="list-style-type: none"> • Progress to jogging and running progress, slideboard, single leg hops, plyometrics • Sports-specific drills with gradual return to sport (~6-9 months)