

## Posterolateral Corner (PLC) Reconstruction Physical Therapy Protocol

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**Patient Name:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Procedure:** Right / Left Posterolateral Corner (PLC) Reconstruction

**Associated Procedure (checked if performed):**

- Partial Meniscectomy
- Meniscus Repair

**Frequency:** 2x per week for \_\_\_\_\_ weeks

**Phase I (0-6 weeks): *Period of protection***

- **Weightbearing:** Toe touch weight bearing for 6 weeks.
- **Brace:** Locked in extension at all times, including for ambulation and sleeping. May be removed for PT, CPM and hygiene.
- **ROM restrictions:**
  - 0-1 weeks: Full extension
  - 1-4 weeks: 0-90°
  - 4-6 weeks: Full ROM permitted
- **Therapeutic exercises:**
  - Patellar mobilization 5-10 minutes daily
  - Quad sets
  - Straight leg raises with knee brace locked in extension
  - Avoid hamstring stretches
- **Restrictions:** No resisted knee flexion. No knee hyperextension. Limit external rotation.

**Phase II (6-12 weeks): *Initiate Controlled Strengthening***

- **Weightbearing:** Advance 50% per week, for full weight bearing by 8 weeks
- **Brace:** Transition into custom valgus unloader brace.
- **ROM:** Full.
- **Strengthening:**
  - As above
  - Initiate stationary bike with no resistance for ROM and cardio (alter seat height as ROM increases).

- Begin toe raises, closed chain quads, balance exercises, step-ups, and side planks
- Advance hip and core
- **Restrictions:** No resisted knee flexion. No knee hyperextension. Limit external rotation.

**Phase III (3-6 months): *Advance strengthening.***

- **Therapeutic exercises:**
  - As above plus:
  - Advance closed chain strengthening
  - Progress proprioception
  - 3 months:
    - Stairmaster, elliptical
  - 4 months:
    - Initiate open chain exercises
    - Initiate walk-jog program
  - 5 months:
    - Plyometrics
- **Progression Criteria:** Normal gait on all surfaces, single leg stance greater than 30 seconds, ability to carry out multi-plane functional movements without unloading affected leg or pain, while demonstrating good control. 85% strength of contralateral lower extremity

**Phase IV (6-9 months): *Sport-specific conditioning.***

- **Therapeutic exercises:**
  - Running, agility exercises
  - Advance as tolerated
- **Rehabilitation Goals:** Good dynamic neuromuscular control and no pain with multiplanar activities; functional sports specific progression.
- **Progression Criteria to Functional Sports Assessment:** Dynamic neuromuscular control with multi-plane activities without instability, pain or swelling; ability to land from a sagittal, frontal and transverse plan; leap and jump with good control and balance.
- **Goal:** Return to sport by 9mo.