

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
<u>Phase I</u> <u>0-6</u> <u>weeks</u>	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 with brace in full extension until quad strength prevents extension lag. Begin side-lying hip/core. Hamstring avoidance until 6 weeks post-op. Avoid tibial rotation, hyperextension, and varus force to the knee.
<u>Phase II</u> <u>6-8</u> <u>weeks</u>	Advance 25% weekly until full WB by 8 weeks.	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.
<u>Phase III</u> <u>12-16</u> <u>weeks</u>	Full.	None.	Full.	Advance closed chain strengthening and gait training. Progress proprioception activities, maximize core/glutes/hips, pelvic stability work, eccentric hamstrings, balance. Begin stair master, elliptical, and running straight ahead at 12 weeks.

Lake Charles Memorial Health System Orthopaedic Specialists Rehabilitation Protocol: Posterolateral Corner/LCL Reconstruction or Repair

<u>Phase IV</u> <u>16-24 weeks</u>	Full.	None.	Full.	16 weeks: Begin jumping. 20 weeks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills. 22 weeks: Advance as tolerated. FSA completed at 22 weeks.**
<u>Phase V</u> <u>>6 months</u>	Full.	None.	Full.	Gradual return to sports participation after completion of FSA and clearance by the physician.

*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.