

Ascension Borgess Orthopedics & Sports Medicine

Postop Rehabilitation

ACL & Posterolateral Corner Reconstruction

Phase I (0-6 weeks)

Weight Bearing: With crutches, 50% WB.

Range of Motion: 0-90d. Extension stretching.

Brace: 0-90d. Remove for sleeping.

Exercises: SLR. Short arc quads. Bumped-heel knee extension stretch 10min, 3 x / day.

Phase II (6-12 weeks)

Weight Bearing: Progress to full as tolerated.

Range of Motion: Full. Extension stretching.

Brace: None

Exercises: Closed chain quads. Hamstring curls. Step-ups. Core. Balance. Hip Abductors. Toe raises. Bike.

Phase III (3-5 months)

Weight Bearing: Full

Range of Motion: Full

Brace: None

Exercises: Advance closed chain quads. Proprioception. Core. Hip abductors. Toe raises. Bike. Progress elliptical to running as tolerated.

Phase IV (5-8 months)

Weight Bearing: Full

Range of Motion: Full and pain-free

Brace: None

Exercises: Core. Hip abductors. Quad strengthening. Endurance. Plyometrics. Sport-specific drills. Return to full activity as tolerated if quad-controlled single leg squat.