

**POSTEROLATERAL CORNER ALLOGRAFT
RECONSTRUCTION REHABILITATION PROTOCOL**

General Precautions:

1. Avoid hyperextension
2. Avoid varus stress
3. Avoid external tibial torsion
4. No active hamstring strengthening exercises for the first 12 weeks

Week 0 – 6:

- Cast immobilization, nonweight bearing with clittches

Week 6 - 12 :

- Long leg brace with AFO, partial weight bearing with crutches
- Active assisted ROM: 0 - 110 (NO hyperextension)
- Patella mobilization
- Strengthening exercises:
 - Quadriceps (NO active Hamstrings)
 - Straight leg raises
 - Isometrics
 - Closed chain mini squats
- Modalities: electrical muscle stimulation

Week 12:

- Brace, full weight bearing with cane until normal gait
- AAROM: 0 – 130 degrees
- Strengthening program: Quadriceps and Hamstrings
- Proprioception exercises
- Encourage swimming

Month 9:

- May discontinue brace
- Begin running and agility drills
- Flexibility exercises
- Strengthening exercises
- Sport specific drills