

ACL with Posterolateral Corner (PLC) Reconstruction Guideline

Time	Goals	Precautions/Restrictions	Treatment
Weeks 0 – 6	<ul style="list-style-type: none"> Reduce pain and swelling Full passive extension Maintain patellar mobility Active quadriceps control <p style="color: red;">Please contact surgical team if full knee extension and unassisted straight leg raise without extensor lag not achieved by week 6.</p>	<ul style="list-style-type: none"> WB: NWB first 2 weeks – 25% from 0-2 weeks, 50% from 4-6 weeks Brace locked in extension with WB; may unlock with ambulation after week 2 No hyperextension No open chain knee extensions No isolated hamstring strengthening with hamstring autograft ROM (check if flexion as tolerated) <ul style="list-style-type: none"> Weeks 0-2: 0-45° Weeks 2-6: 0-90° per patient tolerance <p style="text-align: center;"><i>**Defer to operative note for surgeon specific WB instructions with concurrent injuries**</i></p>	<ul style="list-style-type: none"> ROM (as tolerated) <ul style="list-style-type: none"> Extension focus to 0° Heel slides, prone knee flexion Quadriceps recruitment/NMES <ul style="list-style-type: none"> Quad sets, SLR Standing TKE Patellar mobilization Side-lying hip abduction, clamshell Gait training with crutches Initiate BFR; if applicable
Weeks 6-12	<ul style="list-style-type: none"> Progress ROM to full end-ranges Progression of quadriceps strength/endurance SLR without extensor lag Normalized gait mechanics DL squat to 70° with good mechanics 	<ul style="list-style-type: none"> Progress to full WB by 8 weeks May discharge brace once perform SLR without extensor lag Closed-chain strengthening through limited range at 8 weeks May initiate open kinetic chain exercise <ul style="list-style-type: none"> 90-0° at 6 weeks (BW only) 90-0° with progressive loading at 10 weeks Avoid painful activities/exercises Avoid varus forces 	<ul style="list-style-type: none"> Progress ROM as tolerated Gait training progressing from assistive device Closed-chain strengthening to 70° Multi-angle quad isometrics Light resisted open-chain knee extension (90-30°) Step-ups (forward, lateral) Leg press, wall squat, mini squats Core stabilization exercises Optional therapies: anti-gravity treadmill
Weeks 12-16	<ul style="list-style-type: none"> Full, symmetric and pain-free ROM Progress quadriceps strength/endurance Increase functional activities 	<ul style="list-style-type: none"> Avoid painful activities/exercises No running, jumping, cutting, pivoting, or twisting 	<ul style="list-style-type: none"> Progressive double and single limb strengthening End range flexion and extension Aerobic training on stationary bike, elliptical, stair climber, UBE Progression of balance/proprioception
Months 4-6	<ul style="list-style-type: none"> Full, symmetric ROM Progressive resistance training Pass Return to Run criteria (See appendix) No effusion with increased activity 	<ul style="list-style-type: none"> Avoid painful activities/exercises No jogging on painful or swollen knee 	<ul style="list-style-type: none"> Progress hypertrophy and strength training Continue balance/proprioceptive training Perform Return to Run testing Initiate running program; if applicable
Months 6-9	<ul style="list-style-type: none"> Full, symmetric ROM Progress sport specific training Successful progression of return to run program Initiate plyometric and agility training 	<ul style="list-style-type: none"> Avoid painful activities/exercises No jogging on a painful or swollen knee No participation in sports 	<ul style="list-style-type: none"> Progression of return to jogging program Continue progressive resistive exercise (PRE) Increase intensity of plyometric and agility training Implement ARC Program
Months 9+	<ul style="list-style-type: none"> Continue to progress functional strengthening Sport-specific training Pass Return to Sport criteria 	<ul style="list-style-type: none"> No participation in sports unless specified by care team Avoid painful activities 	<ul style="list-style-type: none"> Continue PRE with strength, power, velocity focus Progress plyometrics and agility Begin sport-specific training Gradual RTS progression if criteria passed

This guideline is not meant to be prescriptive but a recommendation to the rehabilitation process. Progress may vary based on specifics of injury and procedure.

Anterior Cruciate Ligament with PLC Reconstruction Functional Assessment

Phase	Criteria	Testing
Months 4-6 Must meet criteria prior to running	<ul style="list-style-type: none"> • Full, symmetric ROM • Y-balance anterior reach asymmetry < 5 cm • Quadriceps strength for isometric test > 80% of uninvolved side • Hip abduction strength for isometric test > 80% of uninvolved side 	<ul style="list-style-type: none"> • Knee assessment including assessment for effusion • Passive and active ROM • Y-balance anterior reach • Isometric knee extension at 60° and 90° with handheld dynamometer (HHD) • Isometric hip abduction at neutral with HHD • Single leg isometric squat at 60° on 3PQ • Forward step-down assessment • FOTO, IKDC
Month 8	<ul style="list-style-type: none"> • Full, symmetric ROM • 100% limb symmetry (LSI) for isometric testing • 100% LSI for functional testing • ACL-RSI > 56 	<ul style="list-style-type: none"> • Knee assessment including assessment for effusion • Passive and active ROM • Hop Test <ul style="list-style-type: none"> ○ Single Hop ○ Triple Hop ○ Crossover hop • Isometric knee extension at 60° and 90° with HHD • Isometric knee flexion at 60° degrees with HHD • Single leg isometric squat at 90° on 3PQ • Single leg jump on 3PQ • IKDC, ACL-RSI
Month 10+ Must meet criteria prior return to sport	<ul style="list-style-type: none"> • Full, symmetric ROM • 100% LSI for isometric and functional testing • ACL-RSI > 56 • Safe integration and progression to sport 	<ul style="list-style-type: none"> • Knee assessment including assessment for effusion • Passive and active ROM • Hop Test <ul style="list-style-type: none"> ○ Single-leg triple Hop ○ Medial triple hop ○ Medial rotation hop • Isometric knee extension at 60° and 90° with HHD • Isometric knee flexion at 60° with HHD • Single leg isometric squat at 60° on 3PQ • Single leg jump on 3PQ • Agility T-test • IKDC, ACL-RSI

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