



ACL and Posterolateral Corner (PLC) Reconstruction



STEPHEN THON, MD
ORTHOPEDIC & SPORTS MEDICINE SURGEON
www.stephenthonmd.com

ACL and Posterolateral Corner Reconstruction - Physical Therapy Prescription

Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121

Name: _____

Date of Surgery: _____

Diagnosis: R / L ACL Reconstruction, PLC reconstruction

Frequency: 2-3 times per week for _____ weeks, Therapy to start 3-5 days after surgery

Phase I (weeks 0-6)

- WBS:** Heel touch WB in brace, crutches as needed
- BRACE:** 0-2 weeks – Locked in full extension for ambulation, worn while sleeping until first post-operative visit
2-6 weeks – Unlocked for ambulation 0-90deg, OK to remove for sleeping
- ROM:** 0-2 weeks – 0-45deg
2-6 weeks – 0-90deg, advance slowly
- EXERCISES:** Heel slides, quad sets, patellar mobs, gastroc/soleus stretch
SLR w/ brace in full extension until quad strength prevents extension lag
Side lying hip/core
AVOID hamstrings until week 6

Phase II (weeks 6-12)

- WBS:** Advance 25% weekly, WBAT by week 8, progress to normal gait pattern
- BRACE:** Discontinue after week 6 if no extension lag with straight leg raise
- ROM:** Full extension, progress to full flexion
- EXERCISES:** Progress to weight bearing
gastroc/soleus stretch
Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks

Phase III (Weeks 12-16)

- WBS:** WBAT, completely off crutches, normalize gait pattern
- BRACE:** None
- ROM:** Full and pain-free ROM
- EXERCISES:** Advance closed chain strengthening
Progress proprioception activities
12 weeks: Begin stairmaster, elliptical and Running straight ahead if strength and ROM will allow

Phase IV (weeks 16-24)

- WBS:** WBAT
- BRACE:** None
- ROM:** Full and pain-free ROM
- EXERCISES:** 16 weeks: Begin jumping
20 weeks: Advance running to sprinting, backward running, cutting/pivoting/changing direction;
initiate plyometric program and sport-specific drills

Signature: _____

Date:

Stephen G. Thon, MD

www.AdvancedOrtho.org

Phone: (303) 344-9090

Fax: (720) 895-1121

Phase V (weeks 24+)

WBS: WBAT

BRACE: None

ROM: Full and pain-free ROM

EXERCISES: Gradual return to sports participation after completion of FSA
Maintenance program based on FSA

Return to Sports/Full Activity

- Full, pain-free ROM
- Strength 85-90+% of contralateral knee
- Passed Functional Sports Assessment (FSA)
- Clearance from MD
- Full recovery is estimated at 12 months