

PLC Reconstruction

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
Phase I Weeks 0-6 PT 1-2x/week HEP daily	TTWB in brace w/ crutches *	0 – 2 weeks: Locked in full extension for ambulation & sleeping 2 – 6 weeks: Unlocked for ambulation (0-90°) (once able to perform SLR without lag out of brace) Remove for sleeping	0 – 2 weeks: 0 – 45° 2 – 6 weeks: Advance slowly 0 – 90°	Quad sets, patellar mobs, gastric/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core Hamstring avoidance until 6 weeks post-op
Phase II Weeks 6-12 PT 2-3x/ week HEP daily	Advance 25% weekly until full by 8 weeks	Discontinue at 6 weeks if no extension lag (<i>may transition to functional brace</i>)	Full	Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core
Phase III Weeks 12-16 PT 2-3x/week HEP daily	WBAT	None	Full	Advance closed chain strengthening Progress proprioception activities Begin Stairmaster, elliptical and running straight ahead at 12 weeks
Phase IV Weeks 16-24 PT 1-2x/week HEP daily	WBAT	None	Full	16 weeks: Begin jumping 20 weeks: Advance to sprinting, backward running, cutting/pivoting/ changing direction, initiate plyometric program & sport-specific drills
Phase V > 6 months PT 1x/week HEP daily	WBAT	None	Full and painfree	Gradual return to sports participation after completion of RTS testing ** Maintenance program based on RTS testing

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