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LCL/PLC (Posterior Lateral Corner) Reconstruction Physical Therapy Protocol

POST-OPERATIVE PHASE

Ok and encouraged for BFR at all stages

Weeks 0-6

Phase 1

- Weight Bearing: Heel touch weight bearing (50% weight bearing) in brace (locked in extension) first 2 weeks, then wean from crutches over next week with full WB from 3-6 weeks in brace
- Brace: 0-2 weeks - Locked in extension for ambulation and sleeping
2-6 weeks – Unlock 0-30, progress 20 degrees per week to 0-120
- ROM: 2-6 weeks - 0-30 degrees, progress 20 degrees per week, goal 0-120 @ 6 weeks
- Exercises: Quad sets
patellar mobility
Gastroc/soleus stretch
SLR w/ brace in full extension until quad strength prevents extension lag
Side-lying hip/core

Weeks 6-12

Phase 2

- Weight Bearing: Full WB
- Brace: discontinue at 6 weeks if no extension lag, Avoid significant varus stress
- ROM: full
- Exercises: Begin toe raises
closed chain quads
balance exercises
hamstring curls
stationary bike
step-ups
front and side planks
advance hip/core

Weeks 12-16

Phase 3

- Weight Bearing: Full
- Brace: none
- ROM: Full
- Exercises: Advance closed chain strengthening
Progress proprioception activities
Begin stairmaster, elliptical and running straight ahead at 12-16 weeks

Weeks 16-24

Phase 4

- Continue as above.
- 16 wks: Begin jumping
- 20-24 wks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program

>6 months

Phase 5

- Gradual return to sports participation with clearance from PT and Surgeon.