



# Indiana University Health

*IU Health Physicians Orthopedics & Sports Medicine*

## **POSTEROLATERAL CORNER (PLC) RECONSTRUCTION**

### **PHYSICAL THERAPY PROTOCOL**

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[www.bryansaltzmanmd.com](http://www.bryansaltzmanmd.com)

**Patient Name:** \_\_\_\_\_ **Date of Surgery:** \_\_\_\_\_

\_\_\_ Evaluate and Treat                      \_\_\_ Provide patient with home program

Frequency: \_\_\_\_\_ x/week    x    \_\_\_\_\_ weeks

**Procedure: Right/Left PLC Reconstruction with Achilles Allograft**

**Associated Procedure (circled if applicable): Meniscectomy/Meniscal Repair**



## General Precautions:

### Phase I (0-8 wks): *Period of protection*

- **Weightbearing:** Toe touch weight bearing for 6 weeks. 50% increase per week after.
- **Brace:** Locked in extension at all times, including for ambulation and sleeping. May be removed for PT and range of motion exercises.
- **ROM:**
  - 0-2 weeks: Full extension
  - 2-4 weeks: 0-90 degrees
  - 4-8 weeks: Full ROM permitted
- **Therapeutic exercises:**
  - Patellar mobilization 5-10 minutes daily
  - Quad sets
  - Straight leg raises with knee brace locked in extension
  - Avoid hamstring stretches
- **Restrictions:** No resisted knee flexion. No knee hyperextension. Limit external rotation.

### Phase II (9-12 wks): *Initiate Controlled Strengthening*

- **Weightbearing:** As tolerated. Restore normal gait and initiate proprioception exercise.
- **Brace:** Discontinue brace use when patient has achieved full extension with no evidence of lag and excellent quadriceps strength as evidenced by a good set of 10 SLR.
- **ROM:** Full.
- **Strengthening:** Advance isometric quad and hamstring strengthening. Begin and advance closed-chain strengthening (0-90 degrees) once full-weightbearing (ie. Week 10). Add pulley weights, theraband, etc..
  - Initiate stationary bike with no resistance for ROM and cardio (alter seat height as ROM increases).
- **Restrictions:** No resisted knee flexion. No knee hyperextension. Limit external rotation.

### Phase III (3-6 months): *Advance strengthening.*

- **Therapeutic exercises:**
  - As above plus:
  - Initiate plyometric exercises
  - Continue stationary bike
  - Initiate open chain exercises at 4 months
  - Initiate straight ahead jogging (not running at 4.5 months)
- **Progression Criteria:** Normal gait on all surfaces, single leg stance greater than 30 seconds, ability to carry out multi-plane functional movements without unloading affected leg or pain, while demonstrating good control. 85% strength of contralateral lower extremity

### Phase IV (6-9 months): *Sport-specific conditioning.*

- **Therapeutic exercises:**
  - Running, agility exercises
  - Advance as tolerated



- **Rehabilitation Goals:** Good dynamic neuromuscular control and no pain with multiplanar activities; functional sports specific progression.
- **Progression Criteria to Functional Sports Assessment:** Dynamic neuromuscular control with multi-plane activities without instability, pain or swelling; ability to land from a sagittal, frontal and transverse plan; leap and jump with good control and balance.
- **Goal:** Return to sport by 9mo.

\_\_\_ **Other:**

- \_\_\_ Modalities                      \_\_\_ Electrical Stimulation                      \_\_\_ Ultrasound  
\_\_\_ Heat before/after                      \_\_\_ Ice before/after exercise  
\_\_\_ May participate in aquatherapy after week three, begin aqua-running week 6

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_\_ would \_\_\_ would not benefit from social services.**

\_\_\_\_\_ **Date:** \_\_\_\_\_

**Bryan M. Saltzman, MD**