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### Posterolateral Corner/LCL Reconstruction or Repair Rehab Protocol

	Weight Bearing	Brace	Range of Motion	Exercises
<b>Phase I</b> 0-6 weeks	Heel touch in brace	<b>0-2 weeks:</b> Locked in full extension at all times <b>2-6 weeks:</b> Unlocked 0-90° and worn daytime Off for hygiene and exercises	<b>0-2 weeks:</b> 0-45°  <b>2 weeks+:</b> advance slowly as tolerated	Quad sets, patellar mobs, gastroc/soleus stretch, leg hangs SLR w/ brace in full extension until quad strength prevents extension lag Begin side-lying hip/core <b>Hamstring avoidance until 6 weeks post-op</b> <b>Avoid tibial rotation, hyperextension, and varus force to the knee</b>
<b>Phase II</b> 6-8 weeks	Advance 25% weekly until full WB by 8 wks	Discontinue when WB comfortably	Full	Begin toe raises, closed chain exercises, eccentric quads, balance exercises, gait normalization, step-ups, front and side planks; advance hip/core Start stationary bike as tolerated <b>Begin hamstring curls, glute sets, eccentric hamstrings after 6 weeks</b>
<b>Phase III</b> 8-16 weeks	Full	None	Full	Advance closed chain strengthening and gait training Progress proprioception activities, maximize core/glutes/hips, pelvic stability work, eccentric hamstrings, balance Begin stair master, elliptical, and running straight ahead at 12 weeks
<b>Phase IV</b> 16-24 weeks	Full	None	Full	<b>16 weeks:</b> Begin jumping <b>20 weeks:</b> Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills <b>22 weeks:</b> Advance as tolerated FSA completed at 22 wks**
<b>Phase V</b> >6 months	Full	None	Full	Gradual return to sports participation after completion of FSA and clearance by MD

\*Brace may be removed at night after first postoperative visit (day 10-14) if directed

\*\*Completion of FSA (Functional Sports Assessment/Lower Body Assessment) is recommended at approximately 22 weeks postop for competitive athletes returning to sport