



Fibular Collateral Ligament and Posterolateral Corner Reconstruction

		● = Do exercise for that week		Week															
		Initial Exercises		1	2	3	4	5	6	7	8	9	10	12	16	20	24		
ROM RESTRICTIONS		Flexion/Extension - wall slides				●	●	●	●	●	●								
	0-90 x 2wks	Flexion/Extension – seated		●	●	●	●	●	●	●	●								
		Patella/Tendon mobilization		●	●	●	●	●	●	●	●								
BRACE SETTINGS		Extension mobilization		●	●	●	●	●	●	●	●								
	0-0 x 6wks	Quad series		●	●	●	●	●	●	●	●								
		Hamstring													●	●	●		
Weight Bearing status		Sit and reach for hamstrings - gentle		●	●	●	●	●	●	●	●								
	NWB x 6 weeks	Ankle pumps		●	●	●	●	●	●	●	●	●							
		Toe and heel raises									●	●							
TIME LINES		Balance series									●	●	●	●	●	●	●		
	Week 11-7POD) Week 2(8-14POD) Week 3(15-21POD) Week 4(22-28POD)	Cardiovascular Exercises		1	2	3	4	5	6	7	8	9	10	12	16	20	24		
		Bike/Rowing with well leg		●	●	●	●	●	●	●	●								
	Bike with both legs – no resistance									●	●	●							
	Bike with both legs - resistance											●	●	●	●	●	●		
	Aquajogging										●	●	●	●	●	●	●		
	Treadmill – walking 7% incline										●	●	●	●	●	●	●		
	Swimming with fins										●	●	●	●	●	●	●		
	Elliptical trainer												●	●	●	●	●		
	Rowing												●	●	●	●	●		
	Stair stepper													●	●	●	●		
	Weight Bearing Strength		1	2	3	4	5	6	7	8	9	10	12	16	20	24			
	Double knee bends										●	●	●	●	●	●			
	Double leg bridges										●	●	●						
	Reverse lunge – static hold										●	●	●						
	Beginning cord exercises										●	●	●	●					
	Balance squats											●	●	●	●	●	●		
	Single leg deadlift											●	●	●	●	●	●		
	Limited Leg press										●	●	●	●	●	●	●		
	Sports Test exercises													●	●	●			
	Agility Exercises		1	2	3	4	5	6	7	8	9	10	12	16	20	24			
	Running progression													●	●	●			
	Initial – single plane													●	●	●			
	Advance – multi directional														●	●			
	Functional sports test																●		
	High Level Activities		1	2	3	4	5	6	7	8	9	10	12	16	20	24			
	Golf													●	●	●			
	Outdoor biking, hiking, snowshoeing														●	●			
	Skiing, basketball, tennis, football, soccer																●		

*Avoid posterior tibial sag, avoid tibial external rotation x 4 months.

*Hold open chain hamstring exercise x 4 months.