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**Post-Op Rehabilitation Guidelines for ACL Reconstruction with Posterolateral Corner Reconstruction**

**0-2 Weeks:**

- TTWB x 6 weeks, Brace locked at 0 degrees for ambulation and sleeping
- ROM: 0-45° with emphasis on full extension
- Patella mobilization
- SLR supine with brace locked at 0 degrees, Quad Sets
- Ankle Pumps
- Side lying hip./core exercises
- Hamstring avoidance until 6 weeks postop
- Short crank (90mm) ergometry

**2-6 Weeks:**

- Advance ROM to 0-90 deg
- Unlock brace for ambulation 0-90 deg, remove brace for sleeping
- Flexion Extension Wall sides
- Active knee extension from 40 degrees

**6-14 Weeks:**

- Discontinue brace if no extension lag
- Advance weightbearing 25% weekly until full by 8 weeks
- D/c crutches by week 8
- ROM: 0-125 degrees (Maintain full extension)
- Start hamstring work
- Stairmaster, elliptical, running progression at 12 weeks
- Progressive Squat program
- Initiate Step Down program
- Agility exercises (sport cord)
- Retrograde treadmill ambulation

**14-22 weeks:**

- Begin forward running (treadmill) program when 8" step down satisfactory
- Continue Strengthening & Flexibility program
- Advance Sports-Specific Agility Drills
- Start Plyometric program at week 16
- Sprinting, backwards running, cutting/pivoting/ at week 20

**> 22 weeks:**

- Advance Plyometric program, Return to Sport (MD Directed)