



Posterolateral Corner Reconstruction Post-Operative Instructions

The following is an outline of instructions and information for post-operative that involves a knee posterolateral corner (PLC) reconstruction. These instructions pertain to PLC with other ligament reconstructions. It is only a guide. If your particular procedure and instructions differ, you will appropriately be informed by Dr Chien.

Pain and Swelling:

It is normal to have pain and swelling in your knee after surgery. The swelling may last 2-3 weeks and the pain is variable. Acute pain, however, is usually relieved after the first 3-7 days after surgery. It is normal to see some bruising up to your thigh or down to your calf and ankle. Take your oral pain medication as directed for pain. If you have severe pain and swelling, or redness in your calf that persists, you should contact our office or your family doctor. Swelling can be minimised by doing the following:

- 1) Make certain your bandage is not too tight. If it is, you may loosen it.
- 2) Ice packs should be used to help with the pain and swelling in your knee. You should place a towel between the skin and the ice pack to avoid freezing the skin. You may use ice packs as frequently as necessary. This is generally continued for the first 1-weeks after surgery.
- 3) Elevate your leg so it is above heart level (i.e. if you are sitting, prop your ankle up on several pillows).

Warnings:

Notify Dr. Chien immediately or present to the Emergency Dept if any of the following occur:

- **Excessive bleeding**
- **Excessive non-bloody wound drainage beyond the first 3-4 days**
- **Poor pain control**
- **Numbness or tingling of the foot not related to bruising**
- **Fever >37.5°C after postoperative day 3**
- **Increased redness along incision**
- **Calf pain or swelling**

Follow Up with Dr. Chien:

Usually, your post-operative appointment would have been booked for you prior to surgery. If you do not have an appointment please call to arrange one. If at any time after your surgery you feel you would like to come in earlier for your post-operative appointment, please call the office and arrange a time.



1-14 Days

Passive range of motion 0-60 degrees
No active knee flexion for 4 weeks
Weight bear as tolerated in brace locked in full extension

Exercises:
Straight leg raises
Hip foot and ankle exercises

Wound check and removal of sutures 10-14 days

2-6 Weeks

Passive range of motion 0-90 degrees
No active knee flexion for 4 weeks
Weight bear as tolerated in brace locked in full extension

Exercises:
Non-weightbearing aerobic exercises

Follow up with Dr Chien at around 6 weeks post operative

7-12 Weeks

Active knee range of motion
Unlock then and wean off brace by week 8

Exercises:
Stretches for full range of motion
Incorporate functional exercises (i.e. knee bends/squats, calf raises, proprioception)
Stationary bike
Slow walking on treadmill
Pool/deep water workouts (once wounds are healed)

3 Months

Introduce more progressive single-leg exercise (i.e. Theraband leg press, single-leg calf raises)

4-6 Months

Start with low impact activities then progress
Commence strengthening and functional training