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Fibular Collateral Ligament and Posterolateral Corner Reconstruction

I= Do exercise for that week **Week**

		Week													
		1	2	3	4	5	6	7	8	9	10	12	16	20	24
ROM RESTRICTIONS	Initial Exercises														
	Flexion/Extension - wall slides			I	I	I	I	I	I						
	Flexion/Extension – seated	I	I	I	I	I	I	I	I						
	Patella/Tendon mobilization	I	I	I	I	I	I	I	I						
	Extension mobilization	I	I	I	I	I	I	I	I						
BRACE SETTINGS	Quad series	I	I	I	I	I	I	I	I						
	Hamstring												I	I	I
	Sit and reach for hamstrings - gentle	I	I	I	I	I	I	I	I						
	Ankle pumps	I	I	I	I	I	I	I	I	I					
	Toe and heel raises								I	I					
Weight Bearing status	Balance series								I	I	I	I	I	I	I
	Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
	Bike/Rowing with well leg	I	I	I	I	I	I	I	I						
	Bike with both legs – no resistance								I	I	I				
	Bike with both legs - resistance										I	I	I	I	I
TIME LINES	Aquajogging									I	I	I	I	I	I
	Treadmill – walking 7% incline									I	I	I	I	I	I
	Swimming with fins									I	I	I	I	I	I
	Elliptical trainer											I	I	I	I
	Rowing											I	I	I	I
	Stair stepper												I	I	I
	Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
	Double knee bends									I	I	I	I	I	I
	Double leg bridges									I	I	I			
	Reverse lunge – static hold									I	I	I			
Beginning cord exercises									I	I	I				
Balance squats										I	I	I	I	I	
Single leg deadlift										I	I	I	I	I	
Limited Leg press									I	I	I	I	I	I	
Sports Test exercises													I	I	
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Running progression													I	I	
Initial – single plane													I	I	
Advance – multi directional														I	
Functional sports test														I	



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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.