

**ARTHROSCOPIC LATERAL RELEASE
 REHABILITATION PROTOCOL**

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I 0 - 6 weeks	Non-weight bearing	<p>0 - 2 weeks: Locked in extension for sleep, ambulation, can unlock 0 - 30 degrees</p> <p>2 - 4 weeks: Unlocked 0 - 60 degrees</p> <p>4 - 6 weeks: Unlocked 0 - 90 degrees</p>	<p>0 - 2 weeks: 0 - 30 degrees</p> <p>2 - 4 weeks: 0 - 60 degrees</p> <p>4 - 6 weeks: 0 - 90 degrees</p>	<p>Heel slides, quad/hamstring sets, patellar mobilization in all quadrants, prone hangs, gastroc/soleus stretch*,</p> <p>Straight leg raising with brace locked in extension, edema control</p>
PHASE II 6 - 12 weeks	<p>6 - 8 weeks: Advance to weight bearing as tolerated Discontinue crutches as tolerated</p>	<p>6 - 8 weeks: Unlocked</p> <p>8 weeks: Discontinue use</p>	<p>Maintain full extension and progressive flexion</p>	<p>Progress to normal gait pattern, gastroc/soleus stretch, begin toe raises, closed chain extension, balance exercises, hamstring curls, and stationary bike</p>
PHASE III 3 - 4 months	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	<p>Advance closed chain strengthening, progress proprioception activities, begin Stairmaster/Nordic Trac and running straight ahead</p>
PHASE IV 4 months and beyond	Full	None	Full and pain-free	<p>Progress flexibility/strengthening, progression of function: forward/backward running, cutting, grapevine, etc., initiate plyometric program and sport-specific drills Gradual return to sports participation, maintenance program for strength and endurance</p>

* This exercise is to be performed in a non-weight bearing position