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## ARTHROSCOPIC LATERAL RELEASE REHABILITATION PROTOCOL

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISES</b>
<b>PHASE I 0 - 2 weeks</b>	As tolerated with crutches	None	As tolerated	Heel slides, quad/hamstring sets, patellar mobilization in all quadrants, prone hangs, gastroc/soleus stretch*, Straight leg raising, edema control
<b>PHASE II 2 - 6 weeks</b>	Gradually discontinue crutch use	None	Maintain full extension and progressive flexion	Progress to normal gait pattern, gastroc/soleus stretch, begin toe raises, closed chain extension, balance exercises, hamstring curls, and stationary bike
<b>PHASE III 6 weeks - 3 months</b>	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Advance closed chain strengthening, progress proprioception activities, begin Stairmaster/Nordic Trac and running straight ahead
<b>PHASE IV 3 months and beyond</b>	Full	None	Full and pain-free	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

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