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## ARTHROSCOPIC LATERAL RELEASE REHABILITATION PROTOCOL

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I</b> 0-2 weeks	As tolerated with crutches	None	As tolerated	Heel slides, quad/hamstring sets, patellar mobilization in all quadrants, prone hangs, gastroc/soleus stretch*, straight leg raises, edema control
<b>PHASE II</b> 2-6 weeks	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, stationary bike
<b>PHASE III</b> 6 weeks – 3 months	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</b> 3 months and beyond	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 completed in a non-weight bearing position