

Orthopaedic Sports Specialists, P.C.

Michael E. Joyce, M.D.

84 Glastonbury Blvd., Suite 101, Glastonbury, Connecticut 06033

Voice: 860-652-8883, Fax: 860-652-8887

Arthroscopic Lateral Release POST-OP REHABILITATION

Phase I: *(Day 1 to Week 3)*

Controlled Motion Phase:

Active assisted range of motion 0-90 degrees (brace - optional)

Weight bearing as tolerated with one - two crutches for 1 day-2 weeks

Exercises:

- ∞ Quad Sets
- ∞ Straight leg raises
- ∞ Hip abduction
- ∞ Hip adduction
- ∞ Multi-angle isometrics quad

Hamstring and calf stretches

Ice, compression, elevation

Electrical muscle stimulation

PHASE II: *(Week 4-8)*

Controlled Ambulation Phase

Active range of motion 0-120 degrees (Week 3-8((without brace)

Weight bearing as tolerated with or without one crutch (week 4-6)

Discontinue crutch for ambulation (week 4)

Exercises:

- ∞ Quad Sets
- ∞ Straight leg raises
- ∞ Hip abduction/adduction
- ∞ Knee extension 90-40 degrees
- ∞ Mini squats
- ∞ Leg press
- ∞ Bicycle
- ∞ Pool Exercises
- ∞ Stretching

Continue use of electrical muscle stimulator (as needed)

Continue use of cryotherapy, compression (as needed)

PHASE III: (*Week 9-10*)

Strengthening Phase

Active range of motion 0- full (without brace)

Exercises:

- ∞ Isotonic strengthening exercises
- ∞ Knee Extension 90-40 degrees
- ∞ Hamstring curls
- ∞ Hip abduction/adduction
- ∞ Hip flexion/extension
- ∞ Leg press
- ∞ Abdominal sit-ups
- ∞ Stretching: hamstring, gastroc, soleus
- ∞ Bicycle
- ∞ Nordic track

PHASE IV: (*Week 16-20*)

Advanced Phase

- ∞ Return to functional activities gradually
- ∞ Continue all exercises listed in Phase III