1900 Lafayette Road Portsmouth, NH (603) 431-1121



Tyler P. Welch, M.D., FAAOS www.SeacoastSportsSurgeon.com

REHABILITATION PROTOCOL – ARTHROSCOPIC LATERAL RELEASE

Phase I (0-2 weeks)

Weight Bearing: As tolerated ROM: Full Exercises:

• Quad sets, patellar mobilization, straight leg raises, ankle pumps, bridges, core, step ups, stationary bike

Phase II (2-4 weeks)

Weight Bearing: As tolerated ROM: Full Exercises:

Continue as above

- Closed chain strengthening quads, hamstrings, gluteals (wall sits, mini-squats, toe raises)
- Cycling with some resistance, elliptical, start running

Phase III (4-12 weeks)

Weight Bearing: As tolerated ROM: Full Exercises:

- Continue as above
- Proprioception exercises
- Advance to eccentric strengthening as tolerated
- Start plyometrics, sport specific exercises at week 6 (must have no effusion, full ROM)

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