

Greater Hartford Orthopedic Group, P.C.

Jay A. Kimmel, MD
113 Elm Street, Suite #203
Enfield, CT 06082
Phone: (860) 253-0276 Fax: (860) 253-0431
www.ctortho.com

Postoperative Rehabilitation Protocol: Arthroscopic Lateral Release

Phase I (Day 1-Week 3)

GOALS: Reduce swelling, Regain ROM

Brace: As needed

Weight Bearing: Full

Exercises: Quad sets
SLR
Hip abduction, Adduction
Toe, Calf Raises

Phase 2 (Week 3-6)

GOALS: Full ROM, Quad Control

Exercises: Straight leg raises
Mini squats
Lunges
Hip abduction, adduction
Leg press
Pool exercises
Bicycle

Phase 3 (Week 6-12)

Note: May only progress to phase 3 with no effusion, no pain and full ROM

Exercises: Continue all exercise from phase II
Add walk-jog program
Plyometrics
Sport specific exercises