

Orthopaedic Sports Specialists, P.C.

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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