

## **KNEE ARTHROSCOPIC LATERAL RELEASE REHABILITATION PROTOCOL**

|                                | <b>WEIGHTBEARING</b> | <b>BRACE</b> | <b>ROM</b>   | <b>EXERCISES</b>   |
|--------------------------------|----------------------|--------------|--------------|--|
| <b>PHASE I</b><br>0-2 weeks    | As tolerated         | None         | As tolerated | Heel slides, quad/hamstring sets, SLR, planks, bridges, abs, step-ups and stationary bike as tolerated                       |
| <b>PHASE II</b><br>2-4 weeks   | Full                 | None         | Full         | Progress Phase I exercises<br><br>Add sport-specific exercises as tolerated<br><br>Cycling, elliptical, running as tolerated |
| <b>PHASE III</b><br>4-12 weeks | Full                 | None         | Full         | Add sport-specific exercises as tolerated<br><br>Maintenance core, glutes, hip and balance program                           |