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Arthroscopic Knee Lateral Release

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
PHASE I 0 – 2 weeks	Partial weight bearing (PWB) with crutches.	On at all times other than for hygiene; brace set at 0-20 degrees	Passive flexion 0 –90° Obtain full extension.	Patellar mobs; Ankle pumps; Gastroc/soleus stretch; Prone hangs; Isometric hip adduction; SLR in 4 planes Heel/Wall slides; stim/biofeedback as needed; Ice 15-20 minutes
2 – 6 weeks	As tolerated (WBAT) with QUAD control achieved	May D/C brace once adequate QUAD control achieved	PROM to 120 degrees	Add Multi-angle isometrics (0-60°) , Knee extension (90-10°), Mini-squats (0-30°), Leg Press-single leg eccentric, Multi-hip machine in 4 planes, Reverse lunges-(knee not to migrate over toe); Lateral/Forward step-up/downs; May initiate bike when 110° flexion is reached
PHASE II 6 – 12 weeks	Full weight bearing.	None	Full ROM 0-135 degrees	Knee extension (90-10°) with resistance; Hamstring curls with resistance (0-90°); Mini-squats with resistance (0-45°) Stool crawl; Straight leg deadlift; balance/proprio; Bicycle with resistance;

				<p>EFX/StairMaster; Walking program; Swimming (kicking)</p> <p>Initiate running on minitramp, progress to treadmill when tolerable</p>
<p>PHASE III 12 - 24 weeks</p>	Full weight bearing	None	Full ROM	<p>Bicycle, StairMaster, swimming for endurance; Increase running program; Backward running;</p> <p>CUTTING/AGILITY PROGRAM Lateral shuffle Carioca Figure 8's</p> <p>FUNCTIONAL TRAINING Initiate plyometric training Sport specific drills</p>