

SPECTRUM MEDICAL

Surgical Date: _____

Rehab Start Date: _____

Lateral Release Protocol

Arthroscopy, Debridement, Lateral Release Rehabilitation Protocol

PHASE 1: WEEKS 1-2

GENERAL OBSERVATIONS: ½ Weight Bearing when: Pain Controlled, Hemarthrosis Controlled, Voluntary Quadriceps Contraction Achieved

EVALUATION:

- Pain
- Hemarthrosis
- Patellar Mobility
- ROM Minimum
- Quadriceps Contraction & Patella Migration
- Soft Tissue Contracture

RANGE OF MOTION:

- ROM (Passive 0°-90°)
- Patella Mobilization
- Ankle Pumps (Plantar flexion with resistance band)
- Hamstring, gastroc-soleus Stretches

STRENGTHENING:

- Active Quadriceps Isometrics (Based on ROM limits)
- Active Hip Adductor Isometrics
- Knee Extension (Active-Assisted 90°-0°)
- Straight Leg Raise (Flexion, Extension, Adduction)

CONDITIONING: UBC

MODALITIES: Electrical Stimulation, Biofeedback, Cryotherapy

GOALS:

- ROM 0° - 90°
- Adequate Quadriceps Contraction
- Control Inflammation, Effusion
- 50% Weight Bearing

PHASE 2: WEEKS 3-4

GENERAL OBSERVATIONS: Full Weight Bearing when: Pain Controlled, Hemarthrosis Controlled, Voluntary Quadriceps Contraction Achieved

EVALUATION:

- Pain
- Effusion
- Patellar Mobility
- ROM Minimum
- Quadriceps Contraction & Patella Migration
- Soft Tissue Contracture

RANGE OF MOTION:

- ROM (Passive 0°-120°)
- Patella Mobilization
- Ankle Pumps (Plantar flexion with resistance band)
- Hamstring, gastroc-soleus Stretches

STRENGTHENING:

- Active Quadriceps Isometrics (Based on ROM limits)
- Active Hip Adductor Isometrics
- Isometric Training: Multi-angle (0°, 60°)
- Knee Extension (Active-Assisted 90°-30°)
- Straight Leg Raise (Flexion, Extension, Adduction)
- Calf Raises
- Closed-Chain (Cup Walk, Toe Raise, Mini-Squats (0°-30°))

AEROBIC CONDITIONING: UBC, Water Walking

MODALITIES: Electrical Stimulation, Biofeedback, Cryotherapy

GOALS:

- ROM 0° - 120°
- Muscle Control
- Control Inflammation, Effusion
- Full Weight Bearing

PHASE 3: WEEKS 5-6

GENERAL OBSERVATIONS: Full Weight Bearing when: Pain Control without Narcotics, Hemarthrosis Controlled, ROM 0°-110°, Muscle Control, Inflammatory Response

SPECTRUM MEDICAL

Surgical Date: _____

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Lateral Release Protocol

EVALUATION:

- Pain
- Effusion
- Patellar Mobility
- ROM (0°-135°)
- Quadriceps Contraction & Patella Migration
- Soft Tissue Contracture

RANGE OF MOTION:

- ROM (Passive 0°-120°)
- Patella Mobilization
- Hamstring, gastroc-soleus Stretches

STRENGTHENING:

- Straight Leg Raises (Ankle Weight not to exceed 10% of Body Weight)
- Isometric Training: Multi-angle (90°, 60°, 30°)
- Knee Extension with resistance (Active 90°-30°, patellofemoral precautions)
- Hamstring Curls (0°-90°)
- Calf Raises
- Closed-Chain (Wall Sits, Toe Raise, Mini-Squats (0°-30°))
- Multi-hip Machine (flexion, extension, abduction, adduction)
- Leg Press (70°-10°)

BALANCE TRAINING:

- Weight Shift side/side and forward/back
- Balance Board / 2 Legged
- Cup Walking with Crutches

AEROBIC CONDITIONING: (Patellofemoral Precautions)

- UBC
- Stationary Bicycling
- Water Walking

MODALITIES: Electrical Stimulation, Biofeedback, Cryotherapy

GOALS:

- ROM 0° - 135°
- Muscle Control
- Control Inflammation, Effusion
- Full Weight Bearing
- Early Recognition Complications (Motion Loss, RSD, Patellofemoral)

PHASE 4 WEEKS 7-8

GENERAL OBSERVATIONS: Full Weight Bearing when: Pain Control without Narcotics, Hemarthrosis Controlled, ROM 0°-120°

EVALUATION:

- Pain
- Effusion
- Patellar Mobility
- ROM (0°-135°)
- Muscle Control (4/5)
- Inflammatory Response

RANGE OF MOTION:

- ROM (Passive 0°-135°)
- Patella Mobilization
- Hamstring, gastroc-soleus Stretches

STRENGTHENING:

- Straight Leg Raises (Flexion, Extension, Adduction)
- Straight Leg Raises (Rubber Tubing)
- Knee Extension with resistance (Active 90°-30°)
- Hamstring Curls (0°-90°)
- Calf Raises
- Closed-Chain (Lateral Step-Ups 2"-4", Wall Sits, Toe Raise, Mini-Squats (0°-30°))
- Multi-hip Machine (flexion, extension, abduction, adduction)
- Leg Press (70°-10°)

BALANCE TRAINING:

- Balance Board / 2 Legged
- Cup Walking with Crutches

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Lateral Release Protocol

AEROBIC CONDITIONING: (Patellofemoral Precautions)

- UBC
- Stationary Bicycling
- Water Walking
- Swimming (Kicking)
- Walking
- Stair Machine (Low Resistance, Low Stroke)
- Ski Machine (Short Stride, Level, Low Resistance)

MODALITIES: Cryotherapy

GOALS:

- ROM 0° - 135°
- Muscle Control
- Control Inflammation, Effusion
- Full Weight Bearing, Normal Gait

PHASE 5 WEEKS 9-12

GENERAL OBSERVATIONS: No Effusion, painless ROM, Joint Stability, Performs Activities of Daily Living (ADL),
Can Walk 20 minutes without Pain, ROM 0°-135°

EVALUATION:

- Pain
- Manual Muscle Test
- Patellar Mobility
- ROM (0°-135°)
- Crepitus
- Isometric Testing (%difference of quads & hams)
- Gait

RANGE OF MOTION: Hamstring, gastroc-soleus, quad, ITB Stretches

STRENGTHENING:

- Straight Leg Raises (Rubber Tubing)
- Knee Extension with resistance (Active 90°-30°)
- Hamstring Curls (0°-90°)
- Closed-Chain (Mini-Squats (0°-40°)
- Multi-hip Machine (flexion, extension, abduction, adduction)
- Leg Press (70°-10°)

BALANCE TRAINING:

- Balance Board / 2 Legged
- Cup Walking with Crutches

AEROBIC CONDITIONING: (Patellofemoral Precautions)

- UBC
- Stationary Bicycling
- Water Walking
- Swimming (Kicking)
- Walking
- Stair Machine (Low Resistance, Low Stroke)
- Ski Machine (Short Stride, Level, Low Resistance)

RUNNING PROGRAM: (5-6 months, straight, 30% deficit isometric test)

- Jog (1/4 Mile)
- Walk (1/8 Mile)
- Backward Run (20yards)

MODALITIES: Cryotherapy

GOALS: Increase strength and endurance

PHASE 6 WEEKS 13-26

GENERAL OBSERVATIONS: No Effusion, painless ROM, Joint Stability, Performs Activities of Daily Living (ADL),
Can Walk 20 minutes without Pain

EVALUATION:

- Isometric Testing (%difference of quads & hams)
- Swelling
- Patellar Mobility
- Crepitus
- Single Leg Function Tests (9 months: hop distance, timed hop, %inv/uninv)

RANGE OF MOTION: Hamstring, gastroc-soleus, quad, ITB Stretches

SPECTRUM MEDICAL

Surgical Date: _____

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STRENGTHENING:

- Straight Leg Raises (Rubber Tubing @ High Speed)
- Knee Extension with resistance (Active 90°-30°)
- Hamstring Curls (0°-90°)
- Closed-Chain (Mini-Squats (0°-40°)
- Multi-hip Machine (flexion, extension, abduction, adduction)
- Leg Press (70°-10°)

BALANCE TRAINING:

- Balance Board / 2 Legged
- Cup Walking with Crutches

AEROBIC CONDITIONING: (Patellofemoral Precautions)

- UBC
- Stationary Bicycling
- Water Walking
- Swimming (Kicking)
- Walking
- Stair Machine (Low Resistance, Low Stroke)
- Ski Machine (Short Stride, Level, Low Resistance)

RUNNING PROGRAM: (straight, 30% deficit isometric test)

- Jog (1/4 Mile)
- Walk (1/8 Mile)
- Backward Run (20yards)

CUTTING PROGRAM: (20% deficit isokinetic test)

- Lateral
- Carioca
- Figure 8's

FUNCTIONAL TRAINING:

- Plyometric Training (20% deficit isokinetic test): box hops, level, double-leg
- Sport Specific Drills (10%-15% deficit isokinetic testing)

MODALITIES: Cryotherapy

GOALS: Increase Strength and Endurance, Maintain Strength and Endurance