

# ADVANCED ORTHOPAEDIC SPECIALISTS

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## Lateral Release / Medial Imbrication Rehab Protocol

	Weight Bearing	Brace	Range of Motion	Therapeutic Exercises
<b>Phase I</b> <b>0 - 2 weeks</b> <i>PT 2x/week</i>	<b>Week 1:</b> Toe-Touch  <b>Week 2:</b> 33% weight bearing	<b>Week 1:</b> Knee immobilizer 0°.  <b>Week 2:</b> Knee immobilizer 30°	<b>Week 1:</b> No ROM  <b>Week 2:</b> 0-30°	Quad sets <b>No</b> supine straight leg raises Prone hip extension Heel slides to ROM
<b>Phase II</b> <b>2 - 4 weeks</b> <i>PT 2x/week — AFP 1-2x/week</i>	<b>Week 3:</b> 66% weight bearing  <b>Week 4:</b> Full weight bearing as tolerated	<b>Week 3:</b> Knee immobilizer 60°.  <b>Week 4:</b> Knee immobilizer 90°	<b>Week 3:</b> 0-60°  <b>Week 4:</b> 0-90°	Quad sets <b>No</b> supine straight leg raises Prone hip extension Heel slides to ROM
<b>Phase III</b> <b>4 - 6 weeks</b> <i>PT 1-2x/week — AFP 2x/week</i>	As tolerated	<b>Week 5:</b> Knee immobilizer 120°  <b>Week 6:</b> Discontinue knee immobilizer. Begin patellar stabilizing brace.	<b>Week 5:</b> 0-120°	Quad sets <b>No</b> supine straight leg raises
<b>Phase IV</b> <b>6 - 12 Weeks</b> <i>PT 1-2x/week — AFP 2x/week</i>	Full weight bearing	Patellar stabilizer	Full range of motion	Stretch, Strengthen, <b>NO STRAITENING</b>
<b>Phase V</b> <b>12 - 16 Weeks</b> <i>AFP</i>	Full weight bearing	Patellar stabilizer	Full range of motion	Running Stait
<b>Phase VI</b> <b>16+ Weeks</b> <i>AFP</i>	Full weight bearing	Patellar stabilizer	Full range of motion	Return to Sport