



Knee Arthroscopy (Lateral Release)

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PHASE I (2-4 WEEKS POST OP):

- Weight bearing as tolerated
- Edema control measures: EMS and ice
- Biofeedback
- Quads sets/SLR/Hamstring strengthening
- PROM as tolerated
- Medial patellar glides to stretch lateral retinaculum

PHASE II (4-6 WEEKS POST OP):

- Continue edema control measures
- Prone knee flexion stretch
- Begin closed chain exercises
- Stationary bike

PHASE III (6-8 WEEKS POST OP):

- Progress CKC exercises
- Balance exercises

PHASE IV (4-12 WEEKS POST OP):

- Progress strengthening
- 4-6 weeks:
 - Step-ups, outdoor biking okay when knee flexion $> 120^\circ$
- 6-8 weeks:
 - Step-downs
- 10-12 weeks:
 - Start walk/run program

PHASE V (12-16 WEEKS POST OP):

- Return to running
- Plyometrics
- Sport cord/fitter exercises