



Physical Therapy Lateral Release

Post-op protocol

Date of Surgery: _____

Surgeon: _____

WB Precautions: TDWB with bil crutches for one week, WBAT and wean from crutches starting week 2

Main Focus: control pain and swelling

Next Follow up: _____

	Intervention	Milestones
Phase I (0-1wk)	Ice/elevation/compression as much as possible TDWB with bilateral crutches ROM to tolerance Patellar mobilizations Quad sets/glute set, SLR, ankle pumps in elevation Focus on controlling swelling (e-stim prn)	Good pain control Control swelling SLR without extension lag
Phase 2 (2-4wks)	Gait training and wean from crutches as able with non-antalgic gait Progress ROM Continue patellar mobilizations 4 way SLR, clamshell, bridging Bike when ROM allows light resistance Start closed chain when swelling and pain allow, Proprioception drills when pain and swelling allow	Normalized gait without assistive device ROM= non-op side Ensure closed chain dorsiflexion to at least 35 degrees Continue controlled pain and swelling
Phase 3 (5-12 wks) *can progress as pain and swelling allow	Single leg closed chain strengthening Initiate gym program including leg press, multi-hip and HS curls Progress proprioception drills Increase cardio endurance with bike or elliptical Return to running progression *if patient goals and pathology allow	Y balance at 94% limb symmetry index Running in sagittal plane pain free
Phase IV (12wks+) *if patient goals and pathology allow	Continue strengthening and work to increase power Progress agility as tolerated Progress plyometrics as tolerated	Pass appropriately selected functional tests for return to sport