



# ADVANCED ORTHOPAEDIC SPECIALISTS



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## LATERAL RELEASE / MEDIAL IMBRICATION REHABILITATION PROTOCOL

|                                 | Weight Bearing   | Brace  | Range of Motion                               | THERAPEUTIC EXERCISE   |
|---------------------------------|--|--|---|--|
| <b>PHASE I</b><br>0 - 2 weeks   | <b>Week 1:</b> Toe-Touch<br><b>Week 2:</b> 33% weight bearing                        | <b>Week 1:</b> Knee immobilizer 0°.<br><b>Week 2:</b> Knee immobilizer 30°   | <b>Week 1:</b> No ROM<br><b>Week 2:</b> 0-30° | Quad sets<br><b>No</b> supine straight leg raises<br>Prone hip extension<br>Heel slides to ROM |
| <b>Phase II</b><br>2 - 4 weeks  | <b>Week 3:</b> 66% weight bearing<br><b>Week 4:</b> Full weight bearing as tolerated | <b>Week 3:</b> Knee immobilizer 60°.<br><b>Week 4:</b> Knee immobilizer 90°  | <b>Week 3:</b> 0-60°<br><b>Week 4:</b> 0-90°  | Quad sets<br><b>No</b> supine straight leg raises<br>Prone hip extension<br>Heel slides to ROM |
| <b>Phase III</b><br>4 - 6 weeks | As tolerated   | <b>Week 5:</b> Knee immobilizer 120°<br><b>Week 6:</b> Discontinue knee immobilizer. Begin patellar stabilizing brace. | <b>Week 5:</b> 0-120°                         |  |