



## **Lateral Release / Medial Imbrication Rehabilitation Protocol**

**\*NO SLR, LAQ, or KNEE EXTENSION ALL PHASES**

	<b>Weight Bearing</b>	<b>Brace</b>	<b>Goals</b>	<b>Therapeutic Exercises</b>
<b>Phase I</b> 0 - 2 weeks	Week 1: TTWB Week 2: 33% WB	Week 1: Knee immobilizer 0° Week 2: Knee immobilizer 30°	Week 1: No ROM Week 2: 0-30°	Heel slides to ROM restrictions Quad sets, prone hip extension, sidelying hip ABD exercises
<b>Phase II</b> 2 - 4 weeks	Week 3: 66% WB Week 4: WBAT	Week 3: Knee immobilizer 60° Week 4: Knee immobilizer 90°	Week 3: 0-60° Week 4: 0-90°	Heel slides to ROM restrictions Quad sets, prone hip extension, sidelying hip ABD exercises
<b>Phase III</b> 4 - 6 weeks	WBAT	Week 5: Knee immobilizer 120° Week 6: Discontinue knee immobilizer Begin patellar stabilizing brace	Week 5: 0-120°	Heel slides to ROM restrictions Quad sets, prone hip extension, sidelying hip ABD exercises Initiate CKC exercises
<b>Phase IV</b> 6 - 12 weeks	FWB	Patellar stabilizer	Full ROM	Continue stretching and strengthening as tolerated
<b>Phase V</b> 12 - 16 weeks	FWB	Patellar stabilizer	Full ROM	Linear running
<b>Phase VI</b> 16 + weeks	FWB	Patellar stabilizer	Full ROM	Return to sport