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Arthroscopic Lateral Release

POST-OP REHABILITATION

Phase I: (*Day 1 to Week 3*)

Controlled Motion Phase:

Active assisted range of motion 0-90 degrees (brace - optional)

Weight bearing as tolerated with one - two crutches for 1 day-2 weeks

Exercises:

- ∞ Quad Sets
 - ∞ Straight leg raises
 - ∞ Hip abduction
 - ∞ Hip adduction
 - ∞ Multi-angle isometrics quad
- Hamstring and calf stretches
Ice, compression, elevation
Electrical muscle stimulation

PHASE II: (*Week 4-8*)

Controlled Ambulation Phase

Active range of motion 0-120 degrees (Week 3-8((without brace)

Weight bearing as tolerated with or without one crutch (week 4-6)

Discontinue crutch for ambulation (week 4)

Exercises:

- ∞ Quad Sets
 - ∞ Straight leg raises
 - ∞ Hip abduction/adduction
 - ∞ Knee extension 90-40 degrees
 - ∞ Mini squats
 - ∞ Leg press
 - ∞ Bicycle
 - ∞ Pool Exercises
 - ∞ Stretching
- Continue use of electrical muscle stimulator (as needed)
Continue use of cryotherapy, compression (as needed)

PHASE III: (Week 9-10)

Strengthening Phase

Active range of motion 0- full (without brace)

Exercises:

- ∞ Isotonic strengthening exercises
- ∞ Knee Extension 90-40 degrees
- ∞ Hamstring curls
- ∞ Hip abduction/adduction
- ∞ Hip flexion/extension
- ∞ Leg press
- ∞ Abdominal sit-ups
- ∞ Stretching: hamstring, gastroc, soleus
- ∞ Bicycle
- ∞ Nordic track

PHASE IV: (Week 16-20)

Advanced Phase

- ∞ Return to functional activities gradually
- ∞ Continue all exercises listed in Phase III