



## ORTHOPEDIC SURGERY

Philip A. Deffer, MD  
Jason C. Hough, DO  
John A. Leupold, MD  
Christopher J. Rierson, DO  
Seth W. Harrer, MD  
Andrew G. Pick, DO

## PODIATRY

Timothy D. Blankers, DPM  
Jesse R. Wolfe, DPM

## CLINIC LOCATIONS

Spencer  
Storm Lake  
Spirit Lake  
Estherville  
Emmetsburg  
Pocahontas  
Cherokee  
Primghar  
Sibley  
Algona

## OFFICE LOCATIONS

1200 1st Ave. E., Suite C  
Spencer, IA 51301  
Phone: 712-262-7511  
800-248-4049  
Fax: 712-262-3658

1525 West 5th St., Pod C  
Storm Lake, IA 50588  
Phone: 712-213-8050  
Fax: 712-213-8015

2301 HWY 71, Suite E  
Spirit Lake, IA 51360  
Phone: 712-336-8708  
Fax: 712-336-8115

[www.nwiabone.com](http://www.nwiabone.com)

# Lateral Release Protocol

## **Weeks 1-4**

Bike for ROM  
Quad Sets  
Hamstring Sets  
Straight Leg Raises (Flexion, Abduction, Adduction) add wt. as tolerated  
ROM exercises  
    Heel Slides  
    Ball Flexion  
Standing 4 way hip Theraband  
Balance activities  
Leg press with light resistance  
Gait Training  
Edema control  
Modalities for pain control  
Pool Therapy – week 3 when incisions are well healed  
**Avoid Lunging, Squatting, Jumping and Running for the first 4 weeks**

## **Weeks 4-8**

Progress with above exercises  
Partial Wall Squats  
Step Downs  
Hamstring Curls with Weight  
Leg Press  
Biking  
Elliptical Trainer (based on swelling)  
Edema Control  
Modalities for pain control  
    May begin jumping and light jogging activities between weeks 6-8 when patient has full painfree ROM and minimal swelling.

Please call Northwest Iowa Bone Joint and Sports Surgeons Physical Therapy Department with any questions.(712) 262-7511

**EXCEPTIONAL. DEPENDABLE. LOCAL. ORTHOPEDICS.**