Connecticut Orthopaedics

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Knee Anterior Interval Release
Post-Operative Protocol

Phase I – Maximum Protection
Week 0 to 2:

- Crutches: 1 to 2 weeks (per physicians instructions)

Goals
- Reduce pain and inflammation – utilize ice and modalities as needed
- Emphasize patella mobility
- Full range of motion

Exercise progression
- Quadriceps setting
- Multi-plane open kinetic chain straight leg raising
- Gait training
- Begin stationary bike as motion allows

Phase II – Progressive Stretching and Early Strengthening
Weeks 2 to 6:

Goals
- Full range of motion

Manual therapy
- Patellofemoral mobility and scar massage

Exercise progression
- Lower extremity stretching
- Slow progression with bilateral closed chain exercise
- Slow step-up progression
- Proprioception drills
- Pool program when incisions are fully healed
- Stationary bike, treadmill walking or elliptical trainer

Phase III – Advanced Strengthening and Proprioception
Weeks 6 to 12:

Exercise progression
- Terminal range stretching flexion and extension
- Continue patella and scar mobility
- Advance time and intensity on cardiovascular program
- Initiate gym strengthening program as appropriate
- Outdoor biking – easy gears
- Linear running progression at 6 to 10 weeks as instructed

Phase IV – Return to activity
Week 12 to 16:

- Follow-up examination with the physician

Exercise progression
- Gradually increase intensity of lower extremity strengthening, stretching, and cardiovascular training
- Advance linear running progression
- Sport specific field and court agility drills
- Sports test – may be modified on and individual basis

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