Connecticut Orthopaedics

Megan R. Wolf, MD
Sports Medicine/Foot & Ankle

Lateral Release
Post-Operative Protocol

WB Status:	WBAT
ROM Goals:	By 4th week: progress to full ROM
	Patella mobilization in all directions
Strength:	Use electrical stimulation to facilitate quads as necessary
	Closed chain exercises to facilitate VMO
Special:	No open chain knee extension
	Ensure hip external rotation strength is 5/5
	Wear C-pad with ace bandage over lateral aspect of patella for 3 weeks following procedure
Rehab:	Therapists be creative with rehab program. If within above parameters it is okay to perform

Weeks 0-3

Goals

- Eliminate swelling
- Full knee extension
- PFJ mobility
- Hip ER strength 4/5

Clinic Exercises

- Patella mobilization, all planes
- Heel slides/wall slides
- Bike
- Quad sets/SLR all directions
- Foot/ankle mobility
- Total gym leg press and calf raise
- Ice modalities PRN
- Hip abduction/ER exercises

Home Exercises

- Quad sets/SLR
- Heel slides/wall slides
- Foot/ankle mobility
- Hip/knee flexion
- Hip abduction/ER exercises
- Hamstring stretches
- Bilateral calf raises

Weeks 3-6

Goals

- Eliminate swelling
- Full knee extension
- PFJ mobility
- Hip ER strength 4/5

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Clinic Exercises

- Quad sets +/- biofeedback
- Multi-hip
- Bike/Stepper/Treadmill
- Total gym leg press and calf raise
- Rebounder/Wobble board/ BAPS
- Frontal and sagittal activities
- Emphasis on heel-toe gait

Home Exercises

- Bilateral semi-squats
- Step-ups/step-downs
- Heel slides
- Bridges
- Closed chain VMO exercises

Weeks 6-12

Goals

- Full ROM and strength
- Full squat
- Dynamic proprioceptive training

Clinic Exercises

- Rebounder jog
- Bike/Stepper/Treadmill
- Profitter
- Proprioception
- Scar massage
- At 8-10 weeks: straight-line running

Home Exercises

- Continue/progress exercises from weeks 3-6
- Progress bilateral to single leg ex's
- Swimming
- Road bike

Revised ***