

COMPREHENSIVE PHYSICAL THERAPY

Melinda Amato OTR/L CHT
Brandon Heyda OTR/CHT

Raymond Ryan PT/Director
Valerie Peckingham PT
Isabella Mesturini PT,DPT

Peter Ives PTA
Kirsten Perillo PTA

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



Ryan S. Charette MD
 Adam Q. Ferguson DO
 Jon Dale PA-C
 Christa Beyer PA-C

Aaron S. Covey MD MBA
 Rania R. Rifaey MD
 Edward S. Gensicki DPM
 Megan R. Wolf MD

Jon C. Driscoll MD
 Hudson H. Seidel MD
 Robert C. Stockton DO



www.comcllc.com
 PH: 203.265.3280
 FX: 203.741.6569

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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 ***