Connecticut Orthopaedics

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

Lateral Release with VMO Advancement
Post-Operative Protocol

WB Status: WBAT with brace locked in extension for 3 weeks
ROM Goals: Use functional brace with adjustable ROM as follows:
At 3 weeks: advance brace to 0-60 degrees.
Then advance 10 degrees every 5 days until full ROM achieved
Functional brace should be worn for 16 weeks total. After 8 weeks, the brace may be removed at night
Strength: Use electrical stimulation to facilitate quads as necessary
AROM appropriate to ROM, closed chain exercises to facilitate VMO
Restrictions: No open chain knee extension throughout rehab
Special: Patella mobilization in all directions
Ensure hip external rotation strength is 5/5
Rehab: Therapists be creative with rehab program. If within above parameters, it is okay to perform

Weeks 3-6

Goals

- Eliminate swelling
- Maintain knee extension
- FWB
- Hamstring strength 4/5
- Equal hamstring length
- Maintain PFJ mobility

Clinic Exercises

- Single leg stance quad exercises
- Quad sets +/- biofeedback
- Multi-hip
- Bike/Stepper/Treadmill (appropriate to ROM limits)
- Leg press and calf raises
- Rebounder/Wobble board/ BAPS
- Frontal and sagittal activities
- Emphasis on heel-toe gait

Home Exercises

- Quad sets/squats
- Step ups/step downs
- Heel slides
- Bridges
- Single leg calf raises

Weeks 6-12

Goals

- Full ROM
- Muscle strength 5/5
- Full squat
- Dynamic proprioceptive training

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

Home Exercises

- Continue/progress exercises from weeks 3-6

Revised ***