



The Orthopaedic & Fracture Clinic

Rehabilitation Following Lateral Retinacular Release Protocol

Acute Phase Rehab (Weeks 0 – Four Post Op)

Goals:

- Control swelling and inflammation.
- Initiation of quadriceps muscle training.
- Improvement in ROM.
- Medial mobilization of the patella.
- Independent ambulation.

Weight-Bearing:

- Two crutches, weight-bearing as tolerated times one to two weeks.
- To progress to full weight-bearing unassisted ambulation by two to four weeks post-op.

Swelling/Inflammation:

- Lateral C buttress pad.
- Compression bandage.
- Cryotherapy in elevation 15 minutes four to six times per day.

Range of Motion:

- Establish full passive knee extension.
- Rate of progression based on swelling/inflammation and patellar stability.
- 0 to 65 degrees week one.
- 0 to 90 degrees week two.
- 0 to 105 degrees week three.
- 0 to 115 degrees week four.
- Patellar mobilization medial direction.

Muscle Retraining:

- Quad setting isometrics.
- Straight leg raise.
- Side-lying hip abduction.

- Prone hip extension.
- Hip adduction.
- Mini squats.
- Leg press.
- Stationary bicycle.
- Proprioceptive retraining.

Flexibility:

- Hamstring and calf stretches.
- Initiate quadriceps muscle stretching at three to four weeks post-op.