

## **Lateral Release with Medial Reefing**

### **Phase I:**

Weeks 1-5:

#### **Weight Bearing Status:**

- WBAT – use crutches to establish normal gait patter, POST-OP lite LOCKED with weight bearing until 6 weeks post-op.

#### **Bracing:**

- Post-op lite brace for AROM
  - o Brace:
    - 0-30° @ 0-2 weeks post-op
    - 0-60° @ 2-4 weeks post-op
    - 0-90o @ 4-6 weeks post-op

#### **Exercises:**

- Active ROM
- No PROM
- Quad sets
- Seated Ball squeezes – VMO strengthening
- Stretching exercises – gastroc and hamstring
- Resisted hip exercises with weights proximal for abduction and adduction
- Hip Strengthening
- Heel slides within ROM restrictions
- Resisted ankle exercises – heel slides (brace locked)
- Hamstring curls within ROM restrictions
- Patellar – re-education tracking

#### **Therapy Adjuncts:**

- Cryotherapy
- Modalities prn for pain, swelling control (lateral)
- Russian in extension for muscle reeducation and strengthening

## **Phase II:**

Weeks 6-12:

### Weight Bearing Status:

- Full WB

### Bracing:

- D/C brace

### Exercises:

- Continue the previous exercise program
- Bike
- Flexibility exercise
- Leg press
- Mini Squats
- Lunge – Forward and Backward
- Band Walks
- Proprioception activities
  - o Single leg balance
  - o BAPS board
  - o Rebounder

### Therapy Adjuncts:

- Continue previous as needed
- Patient should have **Good Quad Tone, Full ROM, and Full Strength** prior to moving on to the next phase.

## **Phase III**

3 to 5 Months:

### Exercises:

- Continue with previous activities to increase flexibility, strength, and endurance.
- Continue proprioceptive activity progressing as tolerated
- Start jogging protocol – 15 minutes total time
  - o Walk 4 minutes, jog 1 minute; 3x/week for 1 week
  - o Walk 3 minutes, jog 2 minutes; 3x/week for 1 week
  - o Walk 2 minutes, jog 3 minutes; 3x/week for 1 week
  - o Walk 1 minute, jog 4 minutes; 3x/week for 1 week

## **Patellar Stabilizing Brace when Returning to Activities**

### **Phase IV:**

5 months – Return to Sports:

Begin functional strengthening program – sport-specific modified plyometrics program

- Slow speed to high speed
- Bilateral to unilateral support
- Low to moderate heights
- Soft to hard surfaces

Functional activities progression

- Straight jogging – flat track
- $\frac{3}{4}$  speed running
- Full speed running
- Lateral slides (defensive drills)
- Ladder Drills
- Zigzag drills – soft cuts

Criteria for return to Sport

- No signs of active inflammation
- Full ROM and normal flexibility
- Full LE strength
- Functional Test
  - o Vertical jump
    - Bilateral
    - Unilateral comparison
  - o Standing Broad Jump
    - Bilateral
    - Unilateral comparison
- Completion of Functional Progression leading to full participation in sport

Protective bracing as ordered by the Physician

Disclaiming Statement: The physician's orders supersede any standing protocols.