

Lateral Release with Medial Reefing Protocol

Phase I

Weeks 1-5

Weight-Bearing Status: WBAT – Use crutches to establish normal gait pattern, Post-op lite **locked** with weight-bearing – Until 6 week's post-op

Bracing: Post-op lite brace for AROM
Brace: 0-30 degrees @ 0-2 wks post-op
0-60 degrees @ 2-4 wks post-op
0-90 degrees @ 4-6 wks post-op

Gait: WBAT. Goal is to be full weight bearing by 14 days post op. Progress to weight bearing with one crutch prior to ambulating without crutches. Can progress to walking without crutches when patient can demonstrate walking with minimal limp.

Exercises: Active ROM
No PROM
Closed kinetic chain exercises only as allowed by WB status and Brace ROM
Quad sets
Seated Ball Squeezes – VMO strengthening
Stretching exercises – Gastroc and Hamstring
Resisted hip exercises with weights proximal for abduction and adduction
Hip Strengthening
Heelslides
Resisted ankle exercises – Heelraises (brace locked)
Hamstring curls
Patellar – re-education tracking

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

** Special Consideration: No weight bearing activity with knee in greater flexion than allowed by the brace.

**Bike @ 4 weeks without resistance (60-90 degree with brace on)

Phase II

Weeks 6-12

Weight-Bearing Status: Full weight-bearing

Bracing: D/C Brace

Exercises: Continue previous exercise program
Bike
Flexibility exercise
Leg Press
Mini Squats
Lunge – Forward and Backward

Band Walks
Proprioception activities
Single leg balance
BAPS board
Rebounder

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

Phase III

3 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
Walk 4 mins jog 1min 3x a wk for 1 wk
Walk 3 mins jog 2 mins 3x a wk for 1 wk
Walk 2 mins jog 3 mins 3x a wk for 1 wk
Walk 1 min jog 4 mins 3 x a wk for 1 wk

Patellar Stabilizing Brace when Returning to Activities.

Phase IV

5 Months – Return to Sport Program

Begin functional strengthening program – sport specific modified plyometrics program
Slow speed to high speed
Bilateral to unilateral support
Low to moderated heights
Soft to hard surfaces
Functional activities progression
Straight jogging – flat track
Three-quarter speed running – flat track
Full speed sprinting
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
Vertical jump
Bilateral
Unilateral comparison
Standing broad jump
Bilateral
Unilateral comparison