



The Orthopaedic & Fracture Clinic

Rehabilitation Following Lateral Retinacular Release and Imbrication Protocol

Phase I Acute Rehab (Weeks 0 – Four Post Op)

Goals:

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

Weight-Bearing:

- Two crutches, weight-bearing as tolerated times one to four weeks.
- To progress to full weight-bearing unassisted ambulation in the brace by 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 soft tissue healing constraints.
- 0 to 35 degrees week one.
- 0 to 50 degrees week two.
- 0 to 70 degrees week three.
- 0 to 90 degrees week four.
- Patellar mobilization medial direction.

Muscle Retraining:

- Quad setting isometrics.

- Straight leg raise.
- Side-lying hip abduction.
- Prone hip extension.
- Side-lying hip adduction.
- Gentle heel slides.

Flexibility:

- Hamstring and calf stretches.

Phase II Subacute (Weeks Four – Eight Post Op)

Goals:

- Eliminate joint swelling.
- Improve muscular strength and control without exacerbation of symptoms.
- Maintain patellar stability and proper tracking.
- Achieve full ROM.

Range of Motion:

- Gradual improvement of knee flexion ROM to 125 degrees by eight weeks post op.

Exercises:

- Continuation of same exercises as previously outlined until six weeks post op.
- At six weeks post op the patient may begin:
 - Lateral step ups.
 - Front step ups.
 - Half squat against wall to 35 degrees.
 - Bicycling.
 - Proprioceptive retraining.

Flexibility:

- Continue all stretching exercises for the lower extremity.

Swelling/Inflammation:

- Ice, compression, and elevation.

Phase III Advanced (Weeks 9 – 13 Post Op)

Goals:

- Full ROM, good quadriceps control, and return of quadriceps bulk.
- Functional activities.
- Drills.

Exercises:

- Progression of exercises as previously outlined, addition of Stairmaster, hip strengthening, and vertical squats.