

LATERAL RETINACULAR RELEASE PROTOCOL

POST-OP WEEK 0-2

Home Expectations:

1. Toe touch weight bearing in an immobilizer for 1-2 weeks.
2. Surgical dressing may be changed per discharge orders. Keep clean, dry and covered at all times until post op visit.
3. Get fit for a patellar stabilizing brace (referral to Great Steps).
4. Pain management:
 - a. Cryotherapy: Apply to surgical site to decrease post op edema and help with pain reduction. Use as often as needed.
 - b. Prescription pain medications as needed.
 - c. Elevation of surgical site above the level of your heart.

Therapy Goals:

1. PROM: with focus on terminal extension and flexion 0- 90 degrees.
2. Strengthening:
 - a. Quad sets
 - b. 4-way Straight leg raises (SLR)
 - c. Avoid knee extension exercises

POST-OP WEEK 2-4

Home Expectations:

1. Gait:
 - a. Progress to partial weight bearing with crutches, then progressing to full weight bearing.
 - b. Use the least restrictive device determined by therapy progress and weight bearing status.
1. Wear patellar stabilizing brace at all times when up and active.
2. Pain management:
 - a. Cryotherapy: Continue to use ice to decrease pain and swelling, post exercise and as often as needed.
 - b. Pain medications. Wean off of prescription pain medications and start Acetaminophen and/or NSAIDS as needed.
 - c. Elevation: Continue as needed for edema/swelling
3. Follow up with the Orthopedic Team (Physician Assistant) at 2 weeks post op.

Therapy Goals:

1. ROM may be progressed gradually to full flexion activities.
2. Strength:

- a. may begin biking, closed chain, and proprioceptive exercises as tolerated.
3. Continue open chain exercises, progress resistance as tolerated.
4. May start pool activities if surgical wounds are all healed.
5. Avoid resistive knee extension exercises.

POST-OP WEEK 4-12

Therapy Goals:

1. Strength:
 - a. Continue activities as above progressing resistance as tolerated .
2. ROM:
 - a. Achieve normal ROM compared to the non-involved extremity.
3. Proprioceptive activities:
 - a. Increase difficulty as tolerated.
4. Functional training:
 - a. Activities including cycling, walking/jogging/running progression on a straight and level surface
 - b. Advanced knee rehab activities as indicated including lateral shuffles, cariocas, jump rope, sport specific training.
5. Follow up with your Orthopedic Surgeon at 6 weeks post op.

POST-OP MONTH 3+

Home and Therapy Goals:

1. Functional training:
 - a. Activities including swimming, cycling, walking/jogging/running progression on a straight and level surface
 - b. Advanced knee rehab activities as indicated including lateral shuffles, cariocas, jump rope, sport specific training.
2. Cardiovascular:
 - a. Patients are limited to low impact, in-line sports such as swimming, cycling, rowing machine, and jogging on a straight level surface.
3. Return to full activity:
 - a. As indicated by adequate muscle strength, proprioceptive development, and physician orders.

This protocol provides you with general guidelines for the rehabilitation of a Lateral Retinacular Release of the knee. Changes in the program are made as appropriate/indicated for each patient. Any further restrictions on the physician's orders take precedence. If you have any questions regarding the patient and/or protocol, please send a message to the Little Falls Orthopedics Team or Physical Therapy Department at (320) 631-2205.