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Medial retinacular plication & Lateral Release

POST-OP REHABILITATION

Phase I: (Day 1 to Week 3)

Controlled Motion Phase:

Active assisted range of motion 0-60 degrees (brace)

Brace: 30o locked, TTWB with crutches for 10 days

Then, if doing well, brace 0-30 open WBAT with one crutch

Exercises:

- ∞ Quad Sets
 - ∞ Straight leg raises
 - ∞ Hip abduction
 - ∞ Hip adduction
 - ∞ Multi-angle isometrics quad
- Hamstring and calf stretches
Ice, compression, elevation
Electrical muscle stimulation

PHASE II: (Week 4-8)

Controlled Ambulation Phase

Active range of motion 0-90 degrees (Week 4-5)(without brace)

Active range of motion 0-120 degrees (Week 5-8)((without brace)

Brace: Hinged open 0-90, WBAT (Crutches are prn)

Out of brace to sleep, begin to wean from brace

Discontinue crutch for ambulation (week 4)

Advance to soft patella brace

Exercises:

- ∞ Quad Sets
- ∞ Straight leg raises
- ∞ Hip abduction/adduction
- ∞ Knee extension 90-40 degrees
- ∞ Mini squats
- ∞ Leg press
- ∞ Bicycle

∞ Pool Exercises

∞ Stretching

Continue use of electrical muscle stimulator (as needed)

Continue use of cryotherapy, compression (as needed)

PHASE III: (Week 9-10)

Strengthening Phase

Active range of motion 0-125 (no brace)

Exercises:

∞ Isotonic strengthening exercises

∞ Knee Extension 90-40 degrees

∞ Hamstring curls

∞ Hip abduction/adduction

∞ Hip flexion/flexation

∞ Leg press

∞ Abdominal sit-ups

∞ Stretching: hamstring, gastroc, soleus

∞ Bicycle

∞ Nordic track

PHASE IV: (Week 16-20)

Advanced Phase

∞ Return to functional activities gradually

∞ Continue all exercises listed in Phase III