



## Lateral Retinacular Lengthening/ Lateral Release

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- Phase I – Immediate Post Surgical Phase (Week 0-2)
  - This surgery is typically done for patients with patellofemoral pain and maltracking, not patellar instability
  - Goals
    - Maintain integrity of repair
    - Gradually increase PROM
    - Decrease pain and inflammation
    - Prevent muscular inhibition
  - Cryotherapy for pain/inflammation
    - Ice 15-20 minutes every hour
  - Sleeping
    - Sleep in brace/knee immobilizer
  - Weight Bearing
    - As tolerated in knee immobilizer with crutches
  - ROM 0-90 degrees with therapy
  - Muscle Retraining
    - Quadriceps isometrics, SLR
  - No lateral patellar mobilization for 6 weeks
  
- Phase II – Protection Phase (Week 2-6)
  - Goals
    - Allow healing of soft tissue
    - Do not overstress healing tissue
    - Gradually increase ROM
      - Progression based on swelling/inflammation
    - Decrease pain and inflammation
  
  - Week 2-4
    - Continue use of ice as needed
    - Progress ROM as tolerated in therapy
    - Transition from immobilizer to lateral patellar stabilization brace after 2 weeks (Dr. Hess discretion)

- Weight bearing- discontinue crutches when appropriate
  - Week 4-6
    - May use heat prior to exercises
    - Gradually increase ROM (Full motion goal 4 weeks)
    - Muscle retraining
    - Active knee extension 0-60, pain free arc
    - Stationary bicycle if pain permits (in brace)
    - Proprioception training
- Phase III – Intermediate Phase (Week 6-12)
  - Goals
    - Eliminate swelling
    - Functional exercise movements
    - May discontinue brace (Dr. Hess discretion)
  - Criteria to progress to Phase III
    - Minimal inflammation/pain
    - Near full ROM
    - Strong quadriceps contraction
  - Continue quadriceps strengthening
  - Continue above exercises
  - May begin wall squats
  - May begin pool program
- Phase IV –Strengthening Phase (Week 12-18)
  - Goals
    - Maintain full ROM
    - Improve limb strength and endurance
    - Gradual return to functional activities
  - Criteria to progress to Phase IV
    - Full, non-painful ROM
    - Absence of swelling/inflammation
    - Knee extension strength 70% of contralateral knee
  - Continue above exercises
  - Progress to functional drills as tolerated
  - Begin sport specific drills as appropriate
- Phase V –Return to Activity Phase (Week 18-24)
  - Goals
    - Gradual return to strenuous work activities
    - Gradual return to recreational sports activities
  - Criteria to progress to Phase V
    - Appropriate strength level/Clinical exam