

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 out of immobilizer when patient has good quad control 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. Heikes 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