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