



# Mid-America Orthopedics

## Dr. John Babb

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### LATERAL RELEASE W/ ARTHRITIS PROTOCOL

#### Day 1 Post-op

- PT removes bandages on POD #3, keep steri-strips intact until Dr Babb can remove them.
- No ointments, betadine etc should be used on the incisions or portals.
- If any drainage/oozing is present, re-cover with 4x4's and notify Dr Babb (may need antibiotics).
- **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
- If any wounds are oozing delay range of motion until wounds are closed and healed.
- **NO water on wounds** for 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until wounds are scars.
- **ROM:**
  - Heel slides
  - Heel prop
  - Gastroc, Soleus, Ham Stretches
- **Strengthening:**
  - SLR (all planes)
  - Quad sets
  - Ham sets

#### Day 2-6 Post-op

- **ROM:**
  - Bike
  - Continue heel prop, heel slides and stretching
  - **MUST HAVE FULL EXTENSION BY DAY 7**
  - Cup Walk
- **Strengthening:**
  - SLR (all planes)
  - Ham curls
  - Knee ext (AAROM, 90-30 deg)
  - Total Gym squats
  - Step-up forward
  - Closed chain quad activities

#### Day 7-13 Post-op

- **ROM:** 0°-120°

- **Strengthening:**
  - Step-up forward
  - Step-up Lateral
  - Total Gym squats
  - Other closed-chain exercise as tolerated

#### **Day 14-27 Post-op**

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- **ROM:** Full
- **Strengthening:**
  - Lunges (all planes)
  - Step-downs forward
  - Step-downs sideways
  - Continue to advance to higher level closed-chain exercise

#### **Day 28 Post-op**

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- **ROM:** Full
- **Strengthening:**
  - Continue previous strength progressions with focus on CKC mechanics

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.