



Mid-America Orthopedics

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Lateral Release with Medial Reefing

Phase I:

Weeks 1-5:

Weight Bearing Status:

- WBAT – use crutches to establish normal gait patten, POST-OP lite LOCKED with weight bearing until 6 weeks post-op.

Bracing:

- Post-op lite brace for AROM
 - o Brace:
 - 0-30° @ 0-2 weeks post-op
 - 0-60° @ 2-4 weeks post-op
 - 0-90° @ 4-6 weeks post-op

Exercises:

- Active ROM
- No PROM
- Quad sets
- Seated Ball squeezes – VMO strengthening
- Stretching exercises – gastroc and hamstring
- Resisted hip exercises with weights proximal for abduction and adduction
- Hip Strengthening
- Heelslides within ROM restrictions
- Resisted ankle exercises – heelslides (brace locked)
- Hamstring curls within ROM restrictions
- Patellar – re-education tracking

Therapy Adjuncts:

- Cryotherapy
- Modalities prn for pain, swelling control (lateral)
- Russian in extension for muscle reeducation and strengthening

Phase II:

Weeks 6-12:

Weight Bearing Status:

- Full WB

Bracing:

- D/C brace

Exercises:

- Continue previous exercise program
- Bike
- Flexibility exercise
- Leg press
- Mini Squats
- Lunge – Forward and Backward
- Band Walks
- Proprioception activities
 - o Single leg balance
 - o BAPS board
 - o Rebounder

Therapy Adjuncts:

- Continue previous as needed
- Patient should have **Good Quad Tone, Full ROM and Full Strength** prior to moving on to the next phase.

Phase III

3 to 5 Months:

Exercises:

- Continue with previous activities to increase flexibility, strength, and endurance.
- Continue proprioceptive activity progressing as tolerated
- Start jogging protocol – 15 minutes total time
 - o Walk 4 minutes jog 1 minute; 3x/week for 1 week
 - o Walk 3 minutes jog 2 minutes; 3x/week for 1 week
 - o Walk 2 minutes jog 3 minutes; 3x/week for 1 week
 - o Walk 1 minute jog 4 minutes; 3x/week for 1 week

Patellar Stabilizing Brace when Returning to Activities

Phase IV:

5 months – Return to Sports:

Begin functional strengthening program – sport specific modified plyometrics program

- Slow speed to high speed
- Bilateral to unilateral support
- Low to moderated heights
- Soft to hard surfaces

Functional activities progression

- Straight jogging – flat track
- $\frac{3}{4}$ speed running
- Full speed running
- Lateral slides (defensive drills)
- Ladder Drills
- Zigzag drills – soft cuts

Criteria for return to Sport

- No signs of active inflammation
- Full ROM and normal flexibility
- Full LE strength
- Functional Test
 - Vertical jump
 - Bilateral
 - Unilateral comparison
 - Standing Broad Jump
 - Bilateral
 - Unilateral comparison
- Completion of Functional Progression leading to full participation in sport

Protective bracing as ordered by Physician

Disclaiming Statement: The physician's orders supersede any standing protocols.