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LATERAL RELEASE GUIDELINES

48 – 72 Hours post-op

-Remove dressings, clean wounds

-Exercises

--Side Lying terminal knee extension with a pillow between the knees, foot and ankle

---**Emphasize full knee extension to prevent extensor problems and minimize arthrofibrosis**

--Quad sets as tolerated without pain

--Adductor squeezes

--Sitting

---Pendular exercise

---Range of motion exercises. May use ball under the foot to support the leg if needed to minimize pain

-Keep compression pain on the lateral patella. Wrap it from lateral to medial. It should be worn all day, but may be removed at night for sleep

Weight bearing – to tolerance. Recommend using crutches for 7-10 days to minimize potential for injury. Discontinue the crutches when walking with a good gait pattern at 7-10 days.

72 hours to 1 week post-op

Continue to wear the lateral compression pad/lateral buttress

Exercises

-Side lying terminal knee extension

-Press to straight leg raise when it can be done without an extensor lag.

-Terminal knee extension, hip abduction, adduction and extension which may be done standing with theraband for resistance applied above the knee

-May begin the bike when ROM is adequate with minimal levels of discomfort.

-Range of motion exercises/pendular exercises. ROM is usually 120 degrees by the end of the first weeks.

Lateral Release Guidelines

1-3 weeks

Continue with the lateral compression wrap/lateral buttress until the knee brace can be worn

Exercises

- Continue with theraband exercises
- Start more aggressive strengthening – hip sled, hip abduction, adduction, leg curls, partial squats, protected mini lunges to 30 degrees (NO FULL LUNGES) Be cognitive of the chondral changes that were found at time of surgery (See pictures, post op video or post-op report)
- Closed chain activities. **WATCH CAREFULLY NOT TO CREATE INCREASED SWELLING OR PAIN.**
- Cardiovascular activities
 - Bike, Elliptical trainer at cross ramp 1, arc trainer, etc.
- May work out in water when the sounds are healed

3-6 weeks

Continue with lateral compression wrap or brace

Exercises

- Work towards full function – increase functional activities
- Range of motion should be normal
- Continue with aggressive strengthening program
- May start running at weeks 4-6 depending on amount of chondral damage, swelling and pain.
- Sports specific training.

Continue to work with patellar mobility to ensure it is not impaired.

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