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Lateral Release

2 days post-op

Remove dressing, clean wounds, dress with bandaids
ROM exercise
Hip isotonic
Quad/Ham Sets
SLR
Crutch Training
Modalities for swelling and pain
Keep compression pad to lateral knee with compression wrap & wrap from lateral to medial

2 days – 1 week

Russian Stimulation for VMO (Quad) retraining
Continue modalities for
Stationary bike for range (no resistance) as tolerated
Progress weight bearing with 2 crutches focusing on decreasing compensation
Continue hip isotonic
Continue with compression pad

1 – 3 weeks

Continue modalities (Russian Stimulation) as needed
Full weight bearing progressing to 1 crutch and then to no crutch when ambulation is with minimal compensation
Start weight activities (hip sled, hip machine, ham curls, heel raises, TKE's, Ball wall squats (VMO strengthening)
Closed kinetic strengthening exercise, high, reps, low weight
Eccentric strengthening (Step downs, TKE's)
ROM (0-120)
Continue with compression pad

4 – 6 weeks

Full ROM
Work toward full function
Normal Strengthening
Work into sport specific training if symptom free, good strength, no swelling
Patella stabilization brace