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Lateral Release

2 days post-op

Remove dressing, clean wounds, dress with bandaids
ROM exercise (Refrain initially from over aggressive knee flexion)
Hip isotonics
Quad/Ham Sets
SLR
Crutch Training
Modalities for swelling/pain
Keep compression pad to lateral knee with compression wrap & wrap from lateral to medial
Begin patellar mobilizations (Medial glides and Medial tilts)

2 days – 1 week

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

1 – 3 weeks

Continue modalities (Russian Stimulation) as needed for poor quadriceps function
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