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Lateral Release

2 days post-op

Remove dressing, clean wounds, dress with bandaids

ROM exercise

Hip isotonics

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 isotonics

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