



1702 W FAIRVIEW AVE. • BOISE, ID 83702  
(208) 957-7400 • FAX (877) 287-3117  
[gustavelorthopedics.com](http://gustavelorthopedics.com)

## **LATERAL RELEASE POST OPERATIVE PROTOCOL**

### **Phase I – Week 0-2**

1. Home exercise program
  - a. Quad sets, short arcs, straight leg raise, toe pumps, range of motion, patella mobilizations
  - b. Ice and elevate
2. Rehabilitation Exercises
  - a. Leg press 70-0 – Double leg
  - b. Leg extensions 40-0 – Double leg
  - c. Calf raises
  - d. Hamstring curls – Double leg
  - e. Closed chain tubing knee extensions
  - f. Stationary bike
3. Goals
  - a. Range of motion 0-95 degrees
  - b. Walk with minimal limp
  - c. Visible quad contraction

### **PHASE II – Week 2-4 (MD check at 2 weeks)**

1. Home exercise program
  - a. Continue with home program
  - b. Get more aggressive with patella mobilizations and knee flexion
2. Rehabilitation exercises
  - a. Add ankle weights for short arcs and SLR
  - b. Progress to single leg exercises on machines if strength allows
  - c. Eccentric exercise for quads, hams, leg press
  - d. Front and side step ups
  - e. Romanian dead lifts
  - f. Wall squats
  - g. Standing quarter squats
  - h. Stationary bike
  - i. Treadmill is ok if gait is good
3. Goals
  - a. Range of motion 0-115 degrees
  - b. Good quad tone
  - c. Normal gait
  - d. Swelling continues to decrease

### **PHASE III – Week 4-8 (MD check at 4 weeks)**

1. Continue home program
2. Rehab exercises
  - a. Increase resistance as tolerated
  - b. Focus more on single leg activities and functional exercises
  - c. Add standing 4 way hip exercises (tubing kicks)
  - d. Can begin outdoor cycling avoiding standing and steep hills
  - e. Indoors- start elliptical, stair machine etc
3. Goals
  - a. ROM 0-130 degrees
  - b. Good quad tone (rapid contraction)
  - c. Minimal swelling

### **PHASE IV - Week 8-12**

1. If tone is equal, home program may be discontinued
2. Rehabilitation exercises
  - a. Continue with all strengthening and keep extensions in the upper 1/3 of movement
  - b. Progress to single leg squats
  - c. If good tone, strength and minimal swelling are present, start pre-running drills and/or uphill running
3. Goals
  - a. ROM 0-140 degrees
  - b. No swelling
  - c. Good strength with all exercises

### **PHASE V – Week 12-16+ (MD check at 3 months)**

1. Rehabilitation exercises
  - a. Continue to progress and vary exercises 2-3 days per week
  - b. Continue only upper 1/3 range for leg extensions
  - c. Begin running progression if cleared by MD
    - i. Avoid downhill running until 5 months post op
2. Goals
  - a. Full range by 4 months post op
  - b. Isokinetic strength testing 4-5 months post op
  - c. Begin agility training if cleared by MD at 4-5 months post op