

Lateral Release Protocol

- A. 0-2 weeks post-op
 - 1. Gait: WBAT
 - 2. ROM work to tolerance. Early restoration of motion is important to prevent lateral scarring of patella-femoral joint.
 - 3. Frequent cryotherapy and modalities as indicated
 - 4. Exercise
 - a. Early ROM restoration
 - b. Early medial patella mobilization
 - c. Progressive OKC, CKC, Balance/Proprioceptive work
 - d. VMO and Gluteus Medius strengthening
 - e. Progressive hip and core work
 - f. Non-impact cardio
- B. 2-6 weeks post-op
 - 1. Continue cryotherapy and modalities as indicated
 - 2. Continue medial patellar mobilization
 - 3. Introduce light, but progressive agility and footwork drills
- C. 6 weeks post-op
 - 1. Jog progression
 - 2. Continue aggressive strength work
 - 3. Progressive agility, plyometric and sport specific activities