



UNIVERSITY ORTHOPAEDIC CENTER, P.A.
Lateral Retinacular Release
Dr. Longobardi

<u>TIME LINE</u>	<u>CLINICAL INTERVENTION</u>	<u>GOALS / PRECAUTIONS</u>
<p>0-2 Weeks</p>	<p>Eval:</p> <ul style="list-style-type: none"> · 3-5 days post-op, evaluate in clinic · Remove/change dressing · Assess wound · Assess neurocirculatory status and notify MD if (+) Homan's · Home Exercise Program <ol style="list-style-type: none"> 1. Instruct in proper ace wrap and lateral compression dressing 2. RICE q 2 hrs for 15-20 minutes 3. Home E-Stim if indicated <p>Ther Ex:</p> <ul style="list-style-type: none"> · Quad sets w/ E-Stim or biofeedback for Mm Re-ed · Ham sets · TKE -30 to 0 degrees · Supine SLR and progress to PRE's when no extension lag present · Isometric hip adduction · Hip abduction and prone SLR's progressing to PRE's as tolerated · Patellar mobs (tilts) · Supine wall slides or heel slides for ROM · Bike <p>Modalities:</p> <ul style="list-style-type: none"> · E-Stim for edema control <p>See Page 2 for continued care</p>	<p>Frequency:</p> <ul style="list-style-type: none"> · 2-3x/week <p>ROM:</p> <ul style="list-style-type: none"> · AROM to at least 90 degrees on 1st day post-op <p>Precautions:</p> <ul style="list-style-type: none"> · Consult MD regarding use of stationary bike, running, athletic participation, and resistive weight training. · Check operation notes for CMP · Patients w/ CMP should not perform bike or Stairmaster <p>Discharge criteria:</p> <ul style="list-style-type: none"> · Normal ROM · Normal gait · SLR w/ 12 lbs or 10% body weight



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<u>CLINICAL INTERVENTION</u>		<u>GOALS</u>
<p style="text-align: center;"><u>TIME</u> <u>LINE</u></p> <p>2-6 Weeks</p>	<p>Ther Ex:</p> <ul style="list-style-type: none"> · Gait Training: normalize gait before weaning off crutches · Multi-angle quad isometrics · Progress hip and ankle PRE's as tolerated · Progress knee AROM / PRE's if normal ROM is WNL and no patellofemoral pathology is present · Initiate Nordic Track when off crutches · Initiate aquatic program (if available) when incisions are healed <p>Modalities:</p> <ul style="list-style-type: none"> · E-Stim, ice and elevation to control edema 	<p style="text-align: center;"><u>GOALS</u></p> <p>Frequency:</p> <ul style="list-style-type: none"> · 2-3x/week <p>ROM:</p> <ul style="list-style-type: none"> · Progress AROM toward WNL <p>Rehab:</p> <ul style="list-style-type: none"> · Progress PRE's to 10% body weight or 12 lbs for SLR program. <p>Discharge Criteria: Normal ROM Normal gait SLR w/ 12 lbs or 10% body weight</p>
<p>6-10 Weeks</p>	<p>Ther Ex:</p> <ul style="list-style-type: none"> · Initiate light jogging · Progress functional and sports related activities 	