

Knee Arthroscopic Lateral Retinacular Release

Name: _____ Date: _____ DOS: _____

Rehabilitation Protocol KNEE ARTHROSCOPIC LATERAL RETINACULAR RELEASE 3X/WK X 6 WKS

(0-2 weeks)

GOALS / PRECAUTIONS

Frequency:

- 2-3x/week

ROM:

- AROM to at least 90 degrees on 1st day post-op

Precautions:

- 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

Discharge criteria:

- Normal ROM
- Normal gait
- SLR w/ 12 lbs or 10% body weight

CLINICAL INTERVENTION

Eval:

- 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
- Instruct in proper ace wrap and lateral compression dressing
- RICE q 2 hrs for 15-20 minutes
- Home E-Stim if indicated

Ther Ex:

- 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

Modalities:

- E-Stim for edema control

(2-6 weeks)

GOALS/PRECAUTIONS

Frequency:

- 2-3x/week

ROM:

- Progress AROM toward WNL

Rehab:

- Progress PRE's to 10% body weight or 12 lbs for SLR program.

Discharge Criteria:

Normal ROM

Normal gait

SLR w/ 12 lbs or 10% body weight

CLINICAL INTERVENTION

Ther Ex:

- 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

Modalities:

- E-Stim, ice and elevation to control edema

(6-10 weeks)

CLINICAL INTERVENTION

Ther Ex:

- Initiate light jogging
- Progress functional and sports related activities