Medial retinacular plication & Lateral Release

POST-OP REHABILITATION

Phase I: (Day 1 to Week 3)

Controlled Motion Phase:
Active assisted range of motion 0-60 degrees (brace)

Brace: 30° locked, TTWB with crutches for 10 days
Then, if doing well, brace 0-30 open WBAT with one crutch

Exercises:
- Quad Sets
- Straight leg raises
- Hip abduction
- Hip adduction
- Multi-angle isometrics quad

Hamstring and calf stretches
Ice, compression, elevation

Electrical muscle stimulation

PHASE II: (Week 4-8)

Controlled Ambulation Phase
Active range of motion 0-90 degrees (Week 4-5) without brace
Active range of motion 0-120 degrees (Week 5-8) without brace

Brace: Hinged open 0-90, WBAT (Crutches are prn)
Out of brace to sleep, begin to wean from brace
Discontinue crutch for ambulation (week 4)

Advance to soft patella brace

Exercises:
- Quad Sets
- Straight leg raises
- Hip abduction/adduction
- Knee extension 90-40 degrees
- Mini squats
- Leg press
- Bicycle
Pool Exercises
Stretching
Continue use of electrical muscle stimulator (as needed)
Continue use of cryotherapy, compression (as needed)

PHASE III: *(Week 9-10)*

*Strengthening Phase*
Active range of motion 0-125 (no brace)

*Exercises:*
- Isotonic strengthening exercises
- Knee Extension 90-40 degrees
- Hamstring curls
- Hip abduction/adduction
- Hip flexion/flexation
- Leg press
- Abdominal sit-ups
- Stretching: hamstring, gastroc, soleus
- Bicycle
- Nordic track

PHASE IV: *(Week 16-20)*

*Advanced Phase*
- Return to functional activities gradually
- Continue all exercises listed in Phase III