



CONCORD ORTHOPAEDICS

LATERAL RELEASE / MEDIAL IMBRICATION

Rehab Protocol # 19
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WEEKS 1 – 2:

- Ice, elevation
- Ankle PF/DF exercises
- Medial patellar mobilization
- PWB with crutches/brace locked in extension
- Lateral felt buttress with ace wrap towards opposite knee
- 0-30 AAROM out of brace

WEEKS 2 -4:

- Begin scar massage
- Isometric quadriceps
- Hamstring stretching
- E-stim for quadriceps (if necessary)
- Open brace 30 degrees each week (goal of at least 60 by end of week 4)
- Keep brace locked at 0 for ambulation
- Continue PWB in brace

WEEKS 4-6:

- Wean to FWB with brace still locked in extension
- Increase flexion 30 degrees each week (goal 120 by 6 weeks)
- SLR's
- Bicycle when ROM allows

WEEKS 6-8:

- Discontinue brace if gait, quad control and strength sufficient
- Can begin open chain knee exercises
- PRE's for quadriceps OK
- Continue to emphasize medial patellar mobilizations, scar massage

WEEKS 8-12:

- Sports specific rehab begins
- Balance/proprioception exercises
- Return to sports after 12-16 weeks with patellar brace through season