



Sports Medicine

University of Colorado

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Lateral Retinaculum Z Lengthening/Arthroscopic Lateral Release

Initial Goals:

- Pain Control (Prescribed pain medication and/or over-the-counter anti-inflammatories)
- Effusion Control (Compression, elevation, and cryotherapy)
- Quad activation
- Weight Bearing: Walking with brace locked at 0° extension

Week 0-2:

- ROM limited from 0-30° for first 2 weeks
- Modalities as needed
- Quad sets/SLR
- Hip strengthening- 4 way hip exercises
- Stretching- hip, hamstring, and calf

Week 3-4:

- Increase ROM 15° every 1-2 weeks
- Cont. as above
- Rocking on stationary bike with high seat
- Heel slides
- Calf raises
- Short arc Open/Closed chain ex's (leg curls, leg press etc)

Week 5-6:

- Increase ROM 15° every 1-2 weeks
- Cont. as above

Week 6:

- Progress to full ROM
- Weight bearing- Discontinue crutches and achieve normal gait
- Progress muscle control & strengthening
- Front/Lateral step ups
- Standing wall squats

Week 8:

- May begin running as long as knee is not painful/swollen
- Begin plyometric

Week 10-12:

- Can begin sport specific training

Criteria for discharge:

1. Full, pain free range of motion
2. Strength is equal bilaterally
3. Has met specific functional/activity goals
4. Has been cleared by physician