



LATERAL RENTINACULAR RELEASE
REHABILITATION PROTOCOL

Week 1

- PWB 40 - 60 lbs with crutches.
- Knee wrap clean and dry. Do not remove unless instructed to do so by MD.
- Quad sets, SLR as tolerated.

Week 2

- ADVANCE to WBAT / D/C crutches
- ACTIVE flexion / extension if minimal effusion, aggressive ham stretches as tolerated.
- ADD patellar mobilization as tolerated with lateral retinacular stretches.
- CONTINUE edema control measures with ace wrap day and night.
- Review foot and ankle mobility and mechanics

Week 3 - 6

- PROGRESS active extension, closed chain strengthening, and aerobic program, if minimal effusion present. If this activity induces effusion, back off intensity and modify program.
- Hip abduction and extension strengthening and control

Week 6 - 12

- ADVANCE to plyometrics, sports specific agility and/or running program if knee is quiet with no effusion, and patient is pain-free.

DISMISS to home exercise program.

Updated 1/2020