



Medial Retinacular Plication &/or Lateral Release Protocol

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Phase I: (Day 1 to Week 3)

Controlled Motion Phase:

Active assisted range of motion 0-60 degrees (brace)

Brace: 30o 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
- 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