



Protocol for Arthroscopic Lateral Release Of Knee

POST OP:

Usually day case, have bandages in situ post-op.

On ward:

- Static Quads.
- SLR.
- Splint, if unable to SLR, for weight bearing.
- ROM 0 – 90 ° knee flexion.
- Patella mobilisation.
- Advised on ice application at home.
- Safe on stairs.
- Home with appointment for physiotherapy in first week post-op.

AT FIRST APPOINTMENT:

- **Electrotherapy if necessary for swelling.**
- Electrotherapy if necessary for muscle stimulation.
- Gastroc/soleus and hamstring stretches.
- **Patella Mobilisation.**
- VMO exercises started.
- Check SLR, can add lateral rotation.
- Progress weight bearing as able.
- Progress range of knee flexion.

PROGRESSION – as pain and swelling allow:

- **Weight bearing progressed partial to full.**
- ITB & hip flexor stretches.
- Quadriceps stretches as knee range of movement allows.
- Calf raises.
- Balance and proprioception work.
- Closed chain terminal extension with theraband or weight machine.
- VMO progression including knee control – mini squats and lunges.
- Static bike.
- Progress closed chain exercises i.e. step-ups.
- Hamstring curls.
- Leg press.
- Wall slides 0-45° knee flexion.
- Running.

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Ratified by:

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