



MEDIAL PLICA EXCISION WITH LATERAL RETINACULAR LENGTHENING REHABILITATION PROTOCOL

This protocol is a general outline. "As tolerated" refers to no increased sharp pain, swelling, or other undesirable factors. If any of these occur, decrease activity level and ice. Progression and return to sport may vary between individual patients, and will be guided by your provider's team (physician, physician assistant, athletic trainer, and therapist) input and appropriate testing.

PHASE I: WEEKS 0-4

Weight-bearing:

- Weight-bearing as tolerated (WBAT) with crutches, discontinue crutches when minimal limp is achieved

Brace:

- No Brace

Range of Motion (ROM):

- No restrictions

Therapeutic Exercises:

- Strengthening/Neuromuscular training: Quad, glute, hamstring sets, Open chain hip strengthening (4-way SLR)
- Core strengthening
- Stationary bike
- Weight shifting/balance and gait training

Manual Therapy and Modalities:

- Scar, soft tissue, and patellar mobilizations
- Cryotherapy (ice), compression, e-stim

Progression Criteria:

- Full passive knee extension
- Minimal joint effusion

PHASE II: WEEKS 4-8

Weight-bearing:

- Full weight bearing

Range of Motion (ROM):

- Full ROM

Therapeutic Exercises:

- Eccentric quad strengthening
- Hip/glute strengthening (4-way SLR, band walks, step ups, step downs, bridges, etc.)
- Core strengthening
- Begin impact activities
- Progress double leg to single leg plyometric
- Box Drill- walk→jog→sprint progressing from 5 yards apart to 10, 20 then 40 yards apart. Clockwise/counter-clockwise
 - This can progress to more sport specific skills (i.e. dribbling basketball, kicking soccer ball)

Manual Therapy and Modalities:

- Scar, soft tissue, and patellar mobilizations
- Cryotherapy, compression, e-stim as needed

Progression Criteria:

- Near full ROM
- No effusion
- No pain
- Good quad strength
- Ability to begin impact activities

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PHASE III: WEEKS 8-12 RETURN TO SPORT

Manual Therapy and Modalities:

- Scar, soft tissue, and patellar mobilizations as needed
- Cryotherapy and compression as needed

Therapeutic Exercises:

- Progress ROM and flexibility to full
- Closed Kinetic Chain (CKC) multi-plane activities
- Continue hip and core strengthening
- Continue with single leg strengthening & eccentric quad control
- Continue to progress impact activities
- Continue to progress sport specific skills and activities
- Specific return to sport protocols may be found on our website under "Home Exercise Programs" with 14 sports that include sport specific skills and drills