

POST OP INSTRUCTIONS FOR LATERAL RELEASE OF KNEE

For Patients of Troy L. Berg, M.D.

Lateral release is a procedure designed to cut the reinaculum (tight ligaments) on the lateral (outside) of the knee that holds the patella in an excessive laterally tilted position. Following your surgery, your knee will be swollen for the first several weeks. It is important that you follow this instruction sheet and to begin physical therapy shortly after surgery in order to achieve the best possible result.

1. Elevate the knee above the heart level for the first 24-48 hours after surgery.
2. Crutches are encouraged for the first few weeks following surgery. You may discontinue use of the crutches when you are able to walk with a pain-free normal gait and without a limp. Generally, this takes approximately 2-3 weeks.
3. Range of motion exercises should begin as soon as possible after surgery. It is important to work on extending the knee to the fully extended position; as well as, flexing is as far as can be tolerated. Please attempt to do range of motion exercises 4-5 times per day in the first week.
4. Ice your knee as frequently as possible. We recommend 4-5 times per day for 20 minutes per time. You may use either the ice bag give to you at the surgery center or hospital or simply place ice in a zip lock bag and place on the knee.
5. The following exercises (to begin the day after surgery) are designed to increase strength of the knee. They should be done lying down on a firm surface.
 - a. Quad Sets--Straighten the knee by tightening the quad (front thigh muscle), flexing the ankle (point toes to the ceiling), and pushing the back of the knee into the floor. Hold for the count of 5. Work to 4 sets per day of 25 repetitions per set.
 - b. Straight Leg Raises (with the brace on)--While maintaining the Quad Set Position slowly raise the straightened leg off the floor as far as tolerated. Work to 4 sets per day of 25 repetitions per set.
 - c. Vigorous foot, ankle, and toe movement—20 pumps per waking hour
6. You may remove the larger dressing and ace bandage on your knee on the second or third day following surgery depending on how uncomfortable it is, or if there is drainage. Dressing may be removed all the way down to the steri-strips that are covering the portals. Please keep the steri-strips intact. You may cover them with 4 x 4 gauze pads and wrap the knee with an ace wrap. The ace wrap should be started below the knee and wrapped up the leg.
7. You may shower 2 days after surgery with the incisions covered by plastic and tape. No baths or soaking the incision until 3 weeks after surgery.
8. Strong oral pain medication will be prescribed for the use during the first few days. Please attempt to use it sparingly, using Tylenol products to supplement the prescribed pain medication. If additionally medication is needed, please call the office during regular business hours, Monday-Friday 8:00 a.m. to 5:00 p.m.
9. Report any worrisome conditions to your surgeon immediately. This includes excessive pain or swelling, fever, chills, redness, or drainage of the wound.
10. Make sure an appointment has been scheduled for you at the clinic for approximately 1 week after surgery.

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