



Advanced Orthopedic Specialists, P.C.

Laith A. Farjo, M.D.

2305 Genoa Business Park, Suite 170

Brighton, MI 48114

Phone: 810.299.8550 Fax: 810.844.0837

www.advancedortho.net

Lateral Release/Medial Plication Protocol

0-4 Weeks

- Brace locked at 0 degrees for ambulation
- Open chain exercises 0-50 degrees, no seated knee extension

4 + Weeks

- Brace opened to 50 degrees for ambulation
 - Only if patient has good ambulation
- Brace opened 15-20 degrees