Assess soft-tissue load references with joint reduced and capsule closed. Only address soft-tissues after loads have been assessed in both extension and flexion (10°-90°). After any tissue release, the leg should be “cycled” (taken through the range of motion) several times.
### TIGHT EXTENSION GAP

- **TIGHT ONLY IN EXTENSION - SYMMETRICALLY**
  - **SENSOR PRESENTATION:**
  - **SURGICAL CONSIDERATION:** Evaluate Lateral Posterior Capsule & Arcuate
    - Palpate the lateral posterior capsule and/or the arcuate ligament to assess tension; release as necessary.
  - **Evaluate IT Band**
    - If lateral posterior capsule/arcuate does not fully address tension, consider releasing tight fibers of the IT band.

- **TIGHT IN FLEXION - LATERALLY**
  - **SENSOR PRESENTATION:**
  - **Evaluate Popliteus**
    - Release tight fibers of the popliteus tendon.

- **TIGHT IN FLEXION AND EXTENSION - LATERALLY**
  - **SENSOR PRESENTATION:**
  - **Condition 1. Loads 20-40 lbs.**
    - Extension Balancing:
      - Release posterior lateral corner; recheck loads.
      - Release posterior lateral capsule and arcuate complex; recheck loads.
      - Consider releasing tight fibers of IT band, if necessary.
    - Flexion Balancing:
      - If excessive loads are still uncorrected, then popliteus tendon is checked for tension and released.
  - **Condition 2. Loads >40 lbs.**
    - If necessary, you may **recut tibial plateau** to add more valgus.

### ADVERSE FLEXION GAP

- **TIGHT ONLY IN FLEXION - SYMMETRICALLY**
  - **SENSOR PRESENTATION:**
  - **SURGICAL CONSIDERATION:**
  - **Condition 1. Loads 20-40 lbs.**
    - Release posterior capsule.
  - **Condition 2. Loads >40 lbs.**
    - If necessary, consider **recutting distal femur.**

- **TIGHT ONLY IN FLEXION AND EXTENSION - LATERALLY**
  - **SENSOR PRESENTATION:**
  - **SURGICAL CONSIDERATION:**
  - **Loads > 40 lbs.**
    - Increase tibial slope.

- **LOOSE AND/OR UNSTABLE FLEXION GAP**
  - **SENSOR PRESENTATION:**
  - **SURGICAL CONSIDERATION:**
  - **Loads < 10 lbs.**
    - Increase thickness of shim.