



Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

Post-Operative Rehabilitation Guidelines for Quadriceps or Patellar Tendon Repair

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 Weeks

0-6 Weeks:

- WBAT, Brace locked in extension 0-2 weeks
- WBAT Brace unlocked to 30 degrees flexion 2-4 weeks
- WBAT Brace unlocked to 60 degrees flexion 4-6 weeks
- ROM:
 - 0-30° Weeks 0-2
 - 0-60° Weeks 2-4
 - 0-90° Weeks 4-6
- Patella mobilization
- SLR supine with brace locked at 0 degrees, Quad Sets
- Ankle Pumps

6-12 Weeks:

- Unlock brace for ambulating. Wean from brace as tolerated.
- May D/C crutches when gait normalized.
- Normalize ROM. No limits.
- Begin short crank ergometry and progress to
- Standard (170mm) ergometry (if knee ROM > 115 degrees)
- Advance quad strengthening
- Mini Squats / Weight Shift

3-6 Months:

- Normal gait, WBAT with no assist
- Full, Normal ROM
- Leg Press, Squats
- Initiate running/jogging
- Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
- Agility exercises (sport cord)
- Versa climber/Nordic Track
- Normalize quad strength

Comments:

___ Functional Capacity Evaluation ___ Work Hardening/Work Conditioning ___ Teach HEP

Modalities:



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Electric Stimulation Ultrasound Iontophoresis Phonophoresis
 TENS Heat before/after Ice before/after Trigger points massage
 Therapist's discretion
 Other _____

Signature: _____ **Date:** _____