

Quadriceps/Patellar Tendon Repair Rehab

Post-op visits:

- 2w, 6w, 12w, 6m

Xrays:

- 2w visit and then only if injury occurs thereafter

Physical therapy:

- Therapy prescription will be provided at your 2-week appointment

Home exercise program (HEP):

- These are a guide for you and the physical therapist; physical therapist may add on exercises as necessary for rehabilitation

Restrictions:

- Brace:
 - 6 weeks: locked in extension for 2 weeks and then progressive motion in brace for 4 more weeks
- Motion restrictions:
 - Follow the weekly guides in protocol
- Strengthening and weightlifting:
 - No closed chain quadriceps exercises for 6 weeks
 - No open chain quadriceps exercises for 12 weeks

Weeks 0-2 after surgery

Brace/Crutch Use	• Full weight bearing allowed with brace locked at 0 degrees (full extension) • Use crutches when bearing weight • Keep brace on at all times except after showering to allow brace to dry (keep knee straight/extended)
Range of Motion	• Avoid active knee motion • Place pillows under heel to keep knee fully extended (okay to feel a stretch on the back of your knee) • Knee motion 0 – 30 degrees: PASSIVE only
Exercises	• Start Phase I Home Exercise Program – knee ○ Quad sets; patellar mobilization, straight leg raise, calf pumps
Misc	• Dressings: may remove dressings on day 2-3 after surgery, ok to start showering (do not soak, scrub, or submerge the incision for 4w). May replace dressings if desired • Take aspirin to prevent blood clot for 6 weeks after surgery (81mg twice daily) • Continue wearing brace for 6 weeks after surgery

Weeks 2-6 after surgery

Brace/Crutch Use	• Full weight bearing allowed with brace locked at 0 degrees (full extension) • Use crutches when bearing weight • Keep brace on at all times except after showering to allow brace to dry (keep knee straight/extended)
Range of Motion	• Avoid active knee extension • Place pillows under heel to keep knee fully extended (okay to feel a stretch on the back of your knee) • May unlock brace to perform exercises. Change brace allowed motion to the following: ○ Week 2-3: 0 – 45 degrees ○ Week 3-4: 0 – 60 degrees ○ Week 4-5: 0 – 75 degrees ○ Week 5-6: 0 – 90 degrees
Exercises	• Continue Phase I exercises as needed • PT to add on home exercises as indicated
Misc	• Do not submerge incision for 4 weeks after surgery • Continue taking aspirin twice daily for 6 weeks after surgery • Continue wearing brace for 6 weeks after surgery

Weeks 6-12 after surgery

Brace/Crutch Use	• Full weight bearing allowed • Wean out of brace as tolerated • Use single crutch on side opposite of surgery; may discontinue crutch completely when ready
Range of Motion	• Progress to full motion ○ Avoid deep flexion when weight-bearing (lunges, squats, etc) ○ If full knee extension still not accomplished, then continue placing a pillow under your heel with knee extended while resting on couch. Okay to press on knee with hand to improve stretch. • Okay for active knee motion flexion and extension
Exercises	• Ok for closed chain strengthening of quadriceps and open chain hamstring ○ Closed chain: wall squats, lunges, leg press with 2 legs ○ Open chain hamstring: hamstring curls • May start stationary biking with low resistance

Months 3+ after surgery

Brace/Crutch Use	• None
Range of Motion	• Continue to work on full motion if needed
Exercises	• May start full strengthening open and closed chain • Exercise equipment:

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| | <ul style="list-style-type: none">○ May start all exercise equipment and progressive jogging● Continue working on core strength, quad, hamstring, calf, and glut strengthening<ul style="list-style-type: none">○ Calf: calf raises (standing and/or seated)○ Quadriceps: leg press, lunges, squats, knee extensions○ Hamstring: lunges, hamstring curls○ Glut strengthening: side lunges, side shuffling/carioca, lateral raises/abduction exercises |
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