

PATELLAR OR QUADRICEPS TENDON REPAIR PT PROTOCOL

	BRACE INSTRUCTIONS AND RESTRICTIONS	RANGE OF MOTION GOALS	PT EXERCISES/NOTES
PHASE 1 First 2 Weeks (0-2) 1-2 Sessions/week Begin after 5-7 days	-Hinge Knee brace x 8 weeks (may remove for shower/hygiene) -Brace locked in extension with ambulation and sleeping at 0 degrees -Unlock brace when seated for 0 to 30 degrees range of motion -Crutches for assisted ambulation -Weight bear as tolerated in brace locked at 0 degrees	-Begin PROM/AAROM/AROM when seated 0 to 30 degrees	-Begin patellar mobilization, pain/edema control, passive ROM exercises -Begin ankle pumps
PHASE 2 Next 4 Weeks (2-6) 2 Sessions/week	-Hinge Knee brace x 8 weeks (may remove for shower/hygiene) -Brace locked in extension with ambulation and sleeping at 0 degrees -Unlock brace when seated for 0 to 90 degrees range of motion (add 10 to 20 degrees each week to meet goal) -Crutches for assisted ambulation -Weight bear as tolerated in brace locked at 0 degrees	-Progress PROM/AAROM/AROM when seated (Goal of 60 degrees knee flexion by 4 weeks , Goal of 90 degrees knee flexion by 6 weeks)	-Begin isometric quad sets -Continue ankle pumps, begin heel slides, 4 way leg lifts with brace locked in extension -Progress to scar mobilization, gentle patellar mobilization

<p>PHASE 3 Next 4 Weeks (6-10) 2 Sessions/week</p>	<ul style="list-style-type: none"> -Continue full weight bearing as tolerated -Unlock brace with ambulation at 7 weeks -Discontinue crutches as able at 7 to 8 weeks -Discontinue brace at 8 weeks 	<ul style="list-style-type: none"> -Continue to advance PROM/AAROM/ AROM to reach full ROM 	<ul style="list-style-type: none"> -Continue phase 2 exercises and add open chain knee flexion/extension exercises, closed chain quad control from 0 to 40 degrees with light squats and leg press, prone knee flexion, balance/ core/hip/glutes, -Stationary bike to increase ROM at 8 weeks
<p>PHASE 4 Next 6 Weeks (10-16) 1-2 Sessions/week</p>		<ul style="list-style-type: none"> -Continue to advance PROM/AAROM/ AROM to reach full ROM 	<ul style="list-style-type: none"> -Continue phase 3 exercises and add hip/core strengthening, stretching for patient specific muscle imbalances, closed chain exercises short of 60 degrees knee flexion -Progress proprioceptive activities and non-impact balance drills, functional movements (squat, step back, lunge) -Stationary bike add resistance as tolerated

<p>PHASE 5 16 Weeks+ Session frequency to be determined</p>			<ul style="list-style-type: none"> -Continue phase 4 exercises -Progress to advanced functional goals including running, sprinting, jumping, and sport-specific activity -Advance agility exercises, plyometrics, running activities as appropriate -May begin plyometric exercises at 16 weeks (low intensity vertical and lateral hopping to begin – initially both feet, progress to one foot; advance volume as tolerated) -Begin use of conventional exercise equipment (start with light weight and high rep/sets, progress to short reps/sets and high weight) -Return to sport at 5 to 6 months
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This protocol is intended for the purposes of guiding post-surgical or post-injury rehabilitation exercises and goals. These guidelines may be interpreted by a certified physical or occupation therapist and tailored to meet patient specific goals and expectations. Other specific modifications may be made by Dr. Butterfield depending on adjuvant surgical procedures, surgical findings, or rehabilitation progress.

Please fax initial physical therapy assessment and progress notes to Dr. Butterfield at 763-786-3320. You may direct questions regarding this protocol or patient progress to our office at 763-786-9543 or email at MatthewButterfield@tcomn.com