

Patellar / Quadriceps Tendon Repair

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Surgeon must specify on the referral any specific requests or deviations that fall outside the scope of this protocol.

Phase I	Phase II	Phase III
(0 - 6 Weeks)	(Weeks 6 - 12)	(Weeks 12 - 16+)
<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> No flexion for 2 weeks PWB with immobilizer/brace locked at 0° and ambulatory aid <p style="text-align: center;">CLINIC CARE</p> <ul style="list-style-type: none"> Patellar mobilization <p style="text-align: center;">PROM Week 2</p> <ul style="list-style-type: none"> Knee flexion up to 45° (or as directed by surgeon) <p style="text-align: center;">Week 4-6</p> <ul style="list-style-type: none"> Knee flexion 0-90° (or as directed by surgeon) <p style="text-align: center;">EXERCISE</p> <ul style="list-style-type: none"> Quad sets SLRs in knee immobilizer Ankle pumps Active heel slides Passive extension Hip strength with brace on Calf raises <p style="text-align: center;">GOALS or Criteria to Advance</p> <ul style="list-style-type: none"> ROM 0-90° 	<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> Use crutches until quad control and full extension are achieved Progress to WBAT and full WB based on joint response D/C brace for gait as strength and motion allow; Unlock brace 60-90° for ambulation <p style="text-align: center;">CLINIC CARE</p> <ul style="list-style-type: none"> Patellar mobilization <p style="text-align: center;">PROM Week 7-8</p> <ul style="list-style-type: none"> Knee flexion 0-115° (or as directed by surgeon) <p style="text-align: center;">Week 9-10</p> <ul style="list-style-type: none"> Knee flexion 0-130° (or as directed by surgeon) <p style="text-align: center;">EXERCISE</p> <ul style="list-style-type: none"> Bike for ROM Initiate CKC knee strength (Don't load knee flexion past 70°) Progress hip, core, and ankle strength Proprioception OKC extension <p style="text-align: center;">GOALS or Criteria to Advance</p> <ul style="list-style-type: none"> AROM 0-120° SLR without lag 	<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> Full WB <p style="text-align: center;">EXERCISE</p> <ul style="list-style-type: none"> Progress cardio Initiate single-leg CKC strength (squats, lunges) Advance proprioception <p style="text-align: center;">GOALS or Criteria to Advance</p> <ul style="list-style-type: none"> Full AROM Community ambulation without brace Symmetric single-leg squat ≤ 60° <p style="text-align: center;">Progress to Sports Phase after 16 weeks if the following are met:</p> <ul style="list-style-type: none"> Equal A/PROM Jogging pain-free with symmetrical gait Strength portion of LE functional test within 80% of uninvolved leg