



Orthopaedic Associates of Zanesville

Post Operative Physical Therapy Guidelines

Dr Brautigam, MD
Dr Burka, DO

Quadriceps or Patellar Tendon Repair

The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.

0-6 Weeks:

- WBAT, Brace locked in extension all times except with therapy.
- 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°, 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°)
- Advance quad strengthening
- Mini Squats / Weight Shift

>12 Weeks:

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