

Patella ORIF/Patellar tendon repair/Quadriceps tendon repair protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-3 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Protect repair ● Decrease swelling ● Quadriceps firing 	<p>Hinged knee brace locked in extension at all times</p> <p>50% weightbearing for first 2 weeks, then WBAT locked in extension after that</p>	<ul style="list-style-type: none"> ● Prone passive ROM 0-30 weeks 2-3 <p>Modalities:</p> <ul style="list-style-type: none"> ● NMES if unable to perform SLR without lag ● Cryocuff/Game Ready Compression/ Ice 	<ul style="list-style-type: none"> ● Patella mobilizations ● Quad isometrics in full extension ● Long sitting HS stretch ● Glute sets ● SLR x4 with assist until no lag ● Hip abduction in full extension ● Ankle pumps
<p>Phase 2 (4-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Continue ROM ● Progress walking 	<p>Unlock 0-30 for ambulation starting after week 4</p> <p>Hinged knee brace at all times</p>	<ul style="list-style-type: none"> ● Prone active ROM 0-45 by week 4, 90 degrees by week 6 <p>Modalities:</p> <ul style="list-style-type: none"> ● Scar STM when incision healed ● Patellar mobs all directions ● Manual assist extension/passive stretch ● HS STM for extension assist 	<ul style="list-style-type: none"> ● Continue patella mobilizations ● Isometric SLRs in extension ● Isometric HS work ● Standing TKEs ● Heel raises on leg press with knee extended
<p>Phase 3 (7-12 weeks)</p>		<ul style="list-style-type: none"> ● Full A/PROM 	<ul style="list-style-type: none"> ● Begin AAROM and AROM knee extension ● No resistance, low knee flexion bike, then advance ● Week 8 can begin treadmill walking program

Aaron J. Casp, MD
Sports Medicine, Hip, Knee, and Shoulder Surgery
 p:(303) 835-8561
 f: (303) 879-4036



<p>Goals:</p> <ul style="list-style-type: none"> Return normal ROM Normalize gait 	<p>Unlock brace with ambulation if good quad control to 60 degrees, then advance 10 degrees per week</p>	<p>Manual:</p> <ul style="list-style-type: none"> Joint mobs PRN for full flex and ext ROM Patellar mobs/ Scar STM <p>Modalities:</p> <ul style="list-style-type: none"> Ice/stim PRN 	
<p>Phase 4 (13-16 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> Wean out of brace Increased resistance Begin jog 	<p>Start fully unlocked in the brace, then wean out when comfortable</p>	<ul style="list-style-type: none"> Full A/PROM 	<ul style="list-style-type: none"> Continue everything in phase 3 Progressive resistance exercises Avoid open chain terminal knee extensions Begin elliptical Start a walk/jog progression Proprioception and balance exercises Muscular power – squats, lunges, hip bridges
<p>Phase 5 (5+ months)</p> <p>Goals:</p> <ul style="list-style-type: none"> Sport-specific training without pain or swelling Return to activity 	<p>None</p>	<ul style="list-style-type: none"> Continue Full A/PROM Modalities PRN 	<ul style="list-style-type: none"> Continue previous exercises Advance cycling, jogging Incorporate plyometrics progression Ladder/footwork drills Add strength/agility training Add sport-specific training Can resume normal sports/cutting/jumping activities at 6 months if strength is symmetric