

Quadriceps or Patellar Tendon Repair Guidelines

Post operative instructions	<ul style="list-style-type: none"> Medications Dressing Showering Cryocuff Weight Bearing Activities
Exercises	<ul style="list-style-type: none"> Foot/ankle pumps
Complications	<ul style="list-style-type: none"> Contact us if have severe pain not relieved with pain meds. If you have a temp over 101.5, redness or swelling in your thigh or calf, call immediately day or night at (847) 634-1766
General rehab goals	<ul style="list-style-type: none"> Control pain and swelling Safe, controlled ambulation with crutches Protecting operative extremity with protected weight bearing and hinged knee brace as directed.
Phase I (weeks 1-2)	
Activity	<ul style="list-style-type: none"> Ok to weight bear as tolerated with brace locked straight if ok per your doctor Knee in hinged brace locked in extension at all times, including bedtime unless specified by your surgeon
Exercises	<ul style="list-style-type: none"> Foot/ankle pumps Gluteus and hamstring isometrics
Review of goals	<ul style="list-style-type: none"> Control pain and swelling Safe, controlled ambulation with crutches Protect repair with non-weight bearing and hinged knee brace locked in extension.
Phase II (weeks 3-4)	
Activity	<ul style="list-style-type: none"> Weight bearing as tolerated with crutches with brace locked in full extension Knee in hinged brace locked in extension at all times, including bedtime
Exercises	<ul style="list-style-type: none"> Foot/ankle pumps Gluteus and hamstring isometrics Gentle quadriceps isometrics (contraction and relaxation) Hip 4 planes standing in brace
Review of goals	<ul style="list-style-type: none"> Control pain and swelling Safe, controlled ambulation with crutches Protect repair with non-weight bearing and hinged knee brace locked in extension

<p>Phase III (weeks 5-6)</p> <p>Activity</p> <p>Exercises</p> <p>Review of goals</p>	<ul style="list-style-type: none"> Weight bearing as tolerated with brace locked in full extension Knee in hinged brace locked in extension at all times, including bedtime, except from performing range of motion exercises (outlined below) <ul style="list-style-type: none"> Foot/ankle pumps Hip 4 planes in standing in brace Gentle quadriceps isometrics (contraction and relaxation) Gentle range of motion exercises (active knee flexion, passive knee extension) Put dial on brace to 30 degrees Sit on edge of table or bed with buttock secured Slip non-operative leg under braced leg; bring leg over the side of the table/bed Gently and slowly lower your braced leg and let it flex to 30 degrees Bring leg back up to the starting position and repeat 5 times <ul style="list-style-type: none"> Control pain and swelling Safe, controlled ambulation with crutches Protect repair with non-weight bearing and hinged knee brace locked in extension.
<p>Phase IV (weeks 7-12)</p> <p>Activity</p> <p>Exercises (weeks 7-9)</p> <p>Exercises (weeks 10-12)</p> <p>Review of goals</p>	<ul style="list-style-type: none"> Weight bearing as tolerated with brace locked in extension until 8 weeks then weight bear as tolerated with brace unlocked until 12 weeks Knee in hinged brace with flexion limit locked as directed <ul style="list-style-type: none"> Foot/ankle pumps Gentle quadriceps isometrics (contraction and relaxation) Gait training Ankle T band exercises Hip 4 ways with T band in brace Gentle range of motion exercises Put dial on brace to 60 degrees week 7; advance 15 degrees each week thereafter Sit on edge of table or bed with buttock secured Slip non-operative leg under braced leg; bring leg over the side of the table/bed Gently and slowly lower your braced leg and let it flex to 30 degrees Bring leg back up to the starting position and repeat 5 times <ul style="list-style-type: none"> Add stationary bike when 95 to 105 degrees of flexion is achieved Initiate multiangle, submaximal quadriceps isometrics as tolerated by patients Start with progressive addition of resistance to stationary bike program for lower extremity conditioning May progress to closed chain exercises like squats, heel raises, and leg presses 0-60 degrees of flexion (week 12) <ul style="list-style-type: none"> Restore full ROM Pain free daily activities Good strength and proprioception Return to activities per physician Hinged knee brace discontinued at 12 weeks <p>Note: After 12 weeks, may start plyometric exercises like jumping jacks with gradual progression</p>
<p>Restrictions</p>	<ul style="list-style-type: none"> Revision repairs augmented with graft may delay range of motion exercises by 2 weeks.