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ADVANCED ORTHOPAEDIC ASSOCIATES

Quad/Patellar Tendon Reconstruction

Weeks 0-2

- First PT visit 2 weeks post-surgery
- Passive or active assistive ROM for full extension and 0-30° flexion per MD discretion
- TTWB crutch gait for 8 weeks with brace locked at 0°
- Brace locked at 0° for all activities except therapeutic exercise

Therapeutic exercise

- AA ROM for flexion (see above) and full extension
- Isometrix quad, ham, adductor and abductor
- Ankle Thera-bands exercises
- Water precautions

Weeks 2-8

- PT as necessary to meet goals
- Passive or active- assistive ROM. Add 15° flexion each week with a goal of 90° at 8 weeks. Advance beyond 90° after 8 weeks
- Remove suture from incision and re-apply steri-strips at 2 weeks
- TTWB crutch gait with brace locked at 0°

Therapeutic exercises

- As above
- Upper extremity exercise okay

Weeks 8-12

- PT as necessary to meet goals
- Weeks 6-8: full weight bearing as tolerated un unlocked hinged knee brace
- May discontinue brace at week 10

Therapeutic exercises

- AA ROM and gentle stretching
- Lower extremity PRS's with low weight/ high repetition
- Stationary bicycle
- Impact activities per MD