

## S/P Quad/Patellar Tendon Repair Protocol

### PRE-OP

- TTWB crutch gait instruction
  - ROM precautions (add 15 per week limited to 90 until 6 week)
  - Icing
  - Therapeutic exercise:
    - A.A.ROM for flexion (see above) and extension
    - Quad sets
    - Anti-phlebotic ankle exercises
  - Water precautions
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### POST-OP

- First PT visit 5-7 days post-surgery
  - Passive or active-assistive ROM for full extension and 15-45 flexion per MD discretion
  - TTWB crutch gait for 2 weeks with brace locked at 0
  - Brace locked at 0 for all activities except therapeutic exercise
  - Therapeutic exercise:
    - A.A.ROM for flexion (see above) and full extension
    - Isometric quad, ham, adductor and abductor
    - Leg raises without knee motion
    - Ankle theraband exercises
  - Water precautions
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### WEEK 2-6

- PT as necessary to meet goals
- Passive or active-assistive ROM. Add 15 flexion each week with a goal of 90 degrees at 6 weeks. Advance beyond 90 after 6 weeks.
- Remove staples from incision and re-apply steri-strips at 2 weeks
- WBAT crutch gait with brace locked at 0
- Therapeutic exercise:

As above

Upper extremity exercise okay

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### **WEEK 6-12**

- PT as necessary to meet goals
- DC brace at 6 weeks. Progress to FWB gait as tolerated
- Therapeutic exercise:
  - A.A.ROM and gentle stretching
  - Lower extremity PRE's with low weight / high repetition protocol -Stationary bicycle
  - Stair climber per MD
  - Impact activities per MD