



INOVA[®]

Sports Medicine

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Physical Therapy Protocol Following Patellar/Quad Tendon Repair

Weight Bearing Status – **WBAT with brace (6 weeks) locked in extension with ambulation with crutches**

Post-Op Week 0-1:

Goals:

1. Minimize swelling and pain
2. Achieve quadriceps control
3. Full, active 0° extension, passive flexion to 30°

Exercises:

1. Patellar mobilizations
2. Ankle pumps
3. PROM 0-30 degrees
4. Quad sets in brace locked in extension
5. SLR w/assist
6. Modalities to reduce swelling

Post-Op Weeks 1-2:

Goals:

1. Minimize swelling and pain
2. Gradually increase PROM
3. Achieve quadriceps control

Exercises:

1. Patellar mobilizations
2. Ankle pumps
3. PROM 0-60 degrees; wall slides (0-30 degrees) supine; AROM for flexion
4. Quad sets in brace locked in extension
5. Short arc quads (SAQ) 0-20 degrees
6. E-stim, isometric 15-20 degrees
7. Modalities to reduce swelling

Post-Op Weeks 2-4:

Goals:

1. Minimize swelling and pain
2. Gradually increase PROM
3. Achieve quadriceps control

Exercises:

1. Patellar mobilizations
2. AROM 0-90 degrees, PROM for flexion 0-60 degrees
3. Wall slides supine to equal degree of AROM (flexion)
4. SAQ 0-30 degrees
5. E-stim

Post-Op Weeks 4-6:

Goals:

1. Minimize swelling and pain
2. Restore normal, independent gait

Exercises:

1. Patellar mobilizations
3. PROM & AROM (0-90 degrees) + supine wall slides
4. SAQ 0-45 degrees
5. Bike no resistance & seat up high 20 min, lower seat as tolerated
6. Modalities to reduce swelling; scar massage
7. Hydrotherapy for ROM prn

Post-Op Weeks 6-8:

Goals:

1. Continued with emphasis on terminal extension and pain-free flexion
2. Stationary bike for endurance
3. Restore normal, independent gait

Exercises:

1. AROM/PROM 0-120 degrees
2. Patellar mobs prn
3. E-stim D/C if isometric max volitional contraction is 80% of the MVC of uninjured leg (20-45 degrees)
4. Increase exercises: Squats (1/4-1/2), bike w/resistance, stair master (short step height, increase as tolerated), leg press, step ups.
5. Modalities to reduce swelling; scar massage
6. Hydrotherapy for ROM prn

Post-Op Weeks 8-12:

Goals:

1. Work toward full AROM/PROM
2. D/C brace
3. Start to resume normal activities

Exercises:

1. E-stim prn
2. Patellar mobilizations
3. Therapeutic exercise increased
4. Modalities to reduce swelling; scar massage
5. Home exercise program instructions

Criteria for release to sport(s):

1. Physician clearance
2. Running, agility, jumping, hopping, cutting and plyometric exercises at full speed without compensation
3. Perform anticipated and unanticipated cutting and jumping
4. Functional training specific to sport and position
5. No reactive effusion or instability with sport-specific activities