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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"> ● Begin AAROM and AROM knee extension ● No resistance, low knee flexion bike, then advance ● Week 8 can begin treadmill walking program

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<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>	<ul style="list-style-type: none">• Full A/PROM <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