



Travis C. Burns, MD

Sports Medicine and Shoulder Reconstruction
Arthroscopic Shoulder, Hip, and Knee Surgery

www.travisburnsmd.com

<https://ortho-sa.com/>

(210) 705-5060



Quadriceps and Patellar Tendon Repair

General Guidelines

- Crutches for 6 weeks,
- Non weight bearing for 2 weeks then progress to weight bear as tolerated in full extension
- Brace for 8 weeks, locked in full extension during ambulation

Post-op Days 1 – 14

Goals: Full passive extension

- POD 2: Change dressing, keep wound covered, continue TED Hose
- POD 10-14: Sutures out, D/C TED Hose when effusion resolved
- Crutches – non weight bearing

Therapy:

Brace x 8 weeks – Locked in extension for ambulation

Crutches – Partial weight bearing (PWB)

Patellar mobilization (teach patient)

Calf pumping

AAROM 0-45 degrees (passive extension, active flexion, heel slides)

Passive extension with heel on bolster or prone hangs

Electrical stimulation – sub-maximal quad sets for muscle re-education

Quad sets, Co-contractions quads / Hamstrings Standing Straight leg raise (SLR) x 4 (in brace)

Gentle Hamstring stretch

Ice Pack with knee in full extension after exercise

Weeks 2 – 4

Goals: No effusion, no extensor lag, ROM 0-60

Therapy:

Brace x 8 weeks – Locked in extension for ambulation

Crutches – Weight bearing as tolerated (WBAT), D/C when gait is normal

Continue appropriate previous exercises

AAROM 0-60 degrees (passive extension, active flexion)

SLR x 4 on mat (in brace)

Hamstring curls 0-45 degrees on weight machine with light resistance

Double leg heel raises

Proprioceptive training (in brace) – Single leg standing in parallel bars – Double leg BAPS for weight shift

Stretches – Hamstring, ITB

Weeks 4 – 6

Goals: ROM 0-90 degrees

Therapy:

Brace x 8 weeks – Locked at 0-30 degrees for ambulation
Continue appropriate previous exercises
AAROM 0-90 degrees (passive extension, active flexion)
Standing SLR x 4 (in brace) with Theraband bilaterally
Hamstring curls 0-90 degrees on weight machine with light resistance Forward, lateral and retro
step downs in parallel bars (in brace 0-45 degrees) – No knee flexion past 45 degrees (small
step)
Single leg heel raises (in or out of brace)

Weeks 6 – 8

Goal: Normal Gait, progress to full range of motion

Therapy:

Brace x 8 weeks – Gradually open to available range Continue appropriate previous exercises
AAROM, AROM through full range
Active knee extension without weight (no brace)
SLR x 4 on mat with light weight below the knee (no brace)
Leg press 0-60 degrees – Light resistance (no brace)
Mini squats, Wall squats 0-60 degrees (no brace)
Proprioceptive training (in brace) – Single leg BAPS, ball toss and body blade Stationary bike (no
brace) – Progressive resistance and time
Treadmill – Forwards and backwards walking (in brace)
Pool therapy (flutter kicks from hip with knee in extension)

Weeks 8 – 12

Goal: Full ROM, Walk 2 miles at 15 min/mile pace

Therapy:

D/C Brace
Continue appropriate previous exercises and following ex without brace PROM, AAROM, AROM
to regain full motion
Short Arc Quads
Hamstring curls on machine through full range – Light to moderate resistance Leg Press 0-90
degrees – Light to moderate resistance
Hip weight machine x 4 bilaterally
Fitter, Slide board
Treadmill – Walking progression program

Months 3 – 4

Goals: Equal quad girth, equal quad flexibility, jog 2 miles at own pace

Therapy:

Continue appropriate previous exercises

Knee extension weight machine with light to moderate resistance Functional activities – Figure 8s, gentle loops, large zigzags Treadmill – Running progression program

Pool therapy – Swimming laps

Quad and Hip Flexor stretches

Months 4 - 6

Goals: Return to full activities

Therapy:

Continue appropriate previous exercises Agility drills / Plyometrics

Sit-up progression

Stairmaster

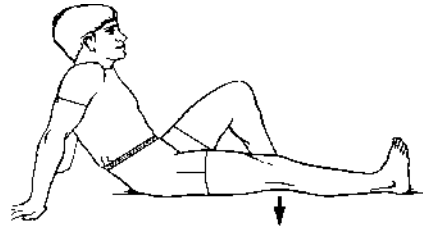
Running progression to track

Transition to home / gym program

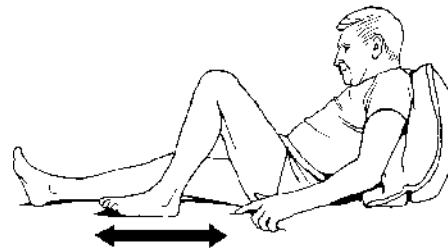
Knee Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day

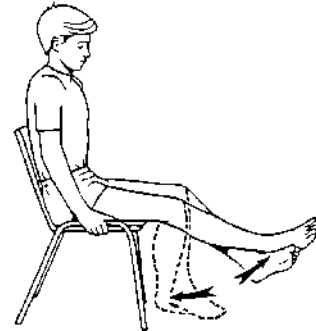
Quad Isometrics



Heel Slides



Active Assisted Motion



**Ice Position 15 minutes 2-3 x
per day**

