

Orthopaedic Sports Specialists, P.C.

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Patella or Quad Tendon Repair:

POST-OP REHABILITATION

Goal: The strength of the suture repair is greatest immediately after surgery and then will gradually get weaker. The strength from tendon healing will gradually increase beginning about 4 weeks after surgery. Generalized knee stiffness will begin 3 weeks after surgery and continue until 8 weeks after surgery. Therefore, the strategy is to get 90 degrees of passive ROM within the first few days following surgery, and then maintain that ROM while the knee begins to get stiffer. At 6 weeks post-op, when the repair begins to get stronger, ROM and rehab is advanced.

Phase I: *(Day 1 to Week 4)*

Controlled Motion Phase:

Active assisted range of motion 0-90 degrees at PT

Brace: 30° locked, TTWB with crutches for 3 weeks
then PWB in brace (0-30° open hinge) with 2 crutches,

Exercises:

- Quad Sets – with assistance
- Assisted Straight leg raises
- Hip abduction
- Hip adduction
- Multi-angle isometrics quad

Hamstring and calf stretches

Ice, compression, elevation

Electrical muscle stimulation

At beginning of week 3 – full ambulation in aquatic therapy

PHASE II: *(Week 5-8)*

Controlled Ambulation Phase

Active range of motion 0-90 degrees -Week 5&6 (without brace)

Active range of motion 0-120 degrees -Week 7&8 (without brace)

Brace: Hinged open 0-60, WBAT (Crutches are pm)

Out of brace to sleep

Discontinue crutch for ambulation - week 6

Brace with open hinge of 0-90 degrees

Discontinue brace at end of week 8 (except for an unpredictable environment)

Exercises:

- Quad Sets
- Straight leg raises
- Hip abduction/adduction
- Knee extension 90-40 degrees
- Mini squats
- Leg press
- Bicycle
- Pool Exercises
- Stretching

Continue use of electrical muscle stimulator (as needed)

Continue use of cryotherapy, compression (as needed)

PHASE III: (*Week 9-15*)

Strengthening Phase

Active range of motion 0-125 (without brace)

Exercises:

- Isotonic strengthening exercises
- Knee Extension 90-40 degrees
- Hamstring curls
- Hip abduction/adduction
- Hip flexion/flexation
- Leg press
- Abdominal sit-ups
- Stretching: hamstring, gastroc, soleus
- Bicycle
- Nordic track

PHASE IV: (*Week 16-20*)

Advanced Phase

- Return to functional activities gradually
- Continue all exercises listed in Phase III