

Patient: _____ Date of Surgery: _____

Procedure: Right/Left Extensor Repair - Patellar Tendon/Quad Tendon

Phase I (0-6 wks): *Period of protection. If patient comfortable a home based program may suffice during this period.*

Weight bearing: WBAT with crutches

Brace: Hinged knee brace LOCKED IN EXTENSION AT ALL TIMES except hygiene. Should sit with leg extended during showering.

ROM: 0-2 weeks: Brace unlocked 0-30°. 2-4: Brace unlocked 0-60°. 4-6: Brace unlocked 0-90° FOR EXERCISES ONLY. Stay locked straight for ambulation.

Ice: Not directly on skin. Recommend as much as possible. 5x/day, 20 min/session for first 2 weeks. Then after activity at minimum.

Exercises: Patients to perform active prone knee flexion as tolerated 2-3 x per day. No active extension or forced passive flexion. All ROM should be non-weight bearing and with brace on following above progression.

Phase II (6-12 wks): *Begin Strengthening*

Weight bearing: Full

Brace: First week unlock for ambulation 0-30. Advance 0-90 for ambulation next week and discontinue after.

ROM: No limitation, goal 0-120 by week 12. Gentle end range passive stretching appropriate.

Ice: Not directly on skin. Recommend as much as possible, at minimum after therapy.

Exercises: Begin isometric quad sets, SLR. Progress to closed chain strengthening once out of brace.

Phase III (12 wks-6mo): *Strengthening and progression to jogging*

Weight bearing: Full

Brace: None

ROM: No limitation

Exercises: Advanced strengthening as tolerated, increase resistance on equipment. May begin elliptical. Wean from formalized therapy and encourage independence with home exercise program.

Jogging: Begin straight ahead jogging program if core and hip strength appropriate at 4.5 mo to 5 mo post-op.

Frequency: _____x/week x _____weeks

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

Date: _____

Dax Varkey MD, MPH