

# Quadriceps or Patellar Tendon Repair, or Patella ORIF Post-operative Protocol

## Immediate Post-operative Period (0-3 weeks)

Primary goal is healing/protection

- In immobilizer or locked hinged brace
- ROM restrictions advised by surgeon (none, 15, 30 degrees)
- Non to touch down weight bearing, physician preference
- Incisions kept clean and dry (covered for shower for first 2 weeks)

Manual treatment may include:

- Edema mobilization as needed

Non-Manual treatment may include:

- Ankle pumps, gluteal and hamstring isometrics
- Hamstring and Calf towel stretches
- Modalities for edema or pain relief as needed

## Weeks 3-6

- If cleared by surgeon, WBAT in locked brace/immobilizer
- ROM 0-45 degrees, increase 15 degrees per week or as determined by surgeon
- Hip PRE = hip extension, abduction, adduction
- Manual therapy for edema and ROM
- Week 5-6 = pre-gait training in clinic/safe environment only

## Weeks 6-12

- Continue manual therapy for ROM
- Begin ambulation with brace set to 0-60 unless otherwise noted by surgeon, progression depending on quad control improvement
- Quad sets in various angles
- SLR progression (gravity reduced, gravity, PRE)

- Progress weight bearing exercises (use gravity reduced/pool/etc as needed)
- Progress hip strengthening
- Progress balance/proprioceptive training
- Progressive step/stair training
- Week 10-12 = D/C brace when able to perform SLR without lag and surgeon approval
- Week 10-12 = Progress from double to single leg exercise

### 3 Months

- May initiate gym exercises with physician approval

### 4-5 Months

- Return to running with MD approval and as long as patient has adequate strength, endurance and coordination
- If able to do 8-inch step down with control several times
- Able to do single leg "mini hops" with appropriate shock absorption control

### 5-6 Months

- Agility work with MD approval
- If symmetrical movement pattern with running (no limp)
- Focus on symmetrical movement patterns with agility

### 6-7 Months

- Return to sport progression
- Dependent on sport, position
- Progressive sport "drills" (50>75>100 % game speed)

### 7-12 months

- Back to sport with MD approval and depending on functional strength, endurance, symmetrical movement patterns, adequate skill level and type of sport

These are general guidelines, which may be altered according to the judgment of the surgeon and physical therapist. Each repair is different depending on tissue quality, patient age, and other medical conditions (i.e., DM)