

Palmetto Health USC

ORTHOPEDIC CENTER

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POST-OPERATIVE REHABILITATION FOR QUAD TENDON/ PATELLAR TENDON REPAIR

**** No standing exercise out of brace until 6 weeks**

POD 2 -14

- Brace at 0 degrees - 1-2 weeks
PWB
 - AA-PROM knee flexion
 - Quad sets, Hamstring sets
 - NMES for Quad
 - 4 way SLR in brace until 2-3 wks
 - Sitting AAROM knees
 - Heelslides
 - Calf raises
 - 4 standing 4 way hip
- Brace 0- 75 degrees – D/C brace at 8 weeks if strength allows
- ****Active knee extension at 6 weeks and start resisted extension as tolerated**
- In brace – step ups, step downs
- Standing exercise
- Mini squat
- Bike **
- Shuttle
- Open Chain Extension, SAQ

Week 2 – 6

- Brace 0 – 30 degrees, PWB - WBAT
- Continue exercise as above
- 0-90 degrees at 4 weeks
- CPM if needed
- 0 -75 degrees at 6 weeks

Week 4

- Progress AROM as tolerated

Week 8

Progress as tolerated

Week 10

Elliptical

Week 16

Running (4 months)

Slider

Ladder drills

Running drills

Jumping

Week 6 to 8