

Patellar Tendon and Quadriceps Repair or Reconstruction

DETAILED BRACE AND PHYSIOTHERAPY PRESCRIPTION:

Weeks 2-6

- Advance ROM 30 degrees per week,
- Active knee flexion and passive extension
- Begin walking with brace unlocked to setting of motion achieved in sessions.

Weeks 6-12

- ROM 90-120 degrees
- May begin active knee extension.
- Initiate isokinetic strengthening program
- Gait training
- Partial squats, standing marching.
- Stationary bike if motion 110 degrees.

Weeks 12-16

- Begin closed kinetic chain exercises
- Elliptical
- Non-impact foot work, coordination drills
- Progress strengthening, i.e. leg press, hamstring curls

Weeks 16-24

- Progress to sports specific exercises and drills.