



**EXTENSORY MECHANISM RECONSTRUCTION SURGERY
(PATELLAR TENDON / QUADRICEPS TENDON)**

PHYSICAL THERAPY PROTOCOL

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Patient Name: _____

Date: _____

Procedure: Right/Left Patellar/Quad Tendon Reconstruction

Evaluate and Treat – no open chain or isokinetic exercises

Provide patient with home exercise program

Frequency: _____x/week x _____weeks

Phase I (0-6 wks): *Period of protection. A home-program alone may suffice for this period of time.*

-WBAT with crutches, brace locked in extension during all weight-bearing activity and during sleep.



-ROM :

- Knee: NONE – remain in the brace
- Ankle/Hip: ROM exercises 2-3 x per day.
- Strict elevation while seated.

__ Phase I (6-12 wks): *Period of protection. A home-program alone may suffice for this period of time.*

-WBAT with crutches, brace locked in extension during all weight-bearing activity and during sleep.

-ROM :

- Knee: 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-weightbearing and with the brace on, following the progression below:
 - 6-8 wks: Brace unlocked from 0-30 degrees.
 - 8-10 wks: Brace unlocked from 0-60 degrees.
 - 10-12 wks: Brace unlocked from 0-90 degrees.
- Ankle/Hip: ROM exercises 2-3 x per day.
- Strict elevation while seated.
- No quadriceps strengthening until at least 12 wks post-op.

__ Phase II (12-18 wks): *Begin regular, supervised strengthening and wean from the brace.*

-Wean from crutches, then D/C brace once ambulating with a normal gait and can perform SLR without an extension lag.

-ROM – brace fully unlocked; advance active and active-assisted ROM as tolerated; gentle passive stretching at end-range. Goal: 0-120 or greater by 12 weeks.

-Strengthening:

- begin isometric quad sets, SLRs
- progress to closed chain strengthening (no open-chain) once out of the brace.

__ Phase III (6-9 months): *Begin more sport-focused conditioning.*

-Advance strengthening as tolerated, continue closed-chain exercises. Increase resistance on equipment.

-At 5 months, start jogging and progress to agility training and/or other sport-specific rehab as tolerated

-Begin to wean patient from formal supervised therapy encouraging independence with home exercise program by 6 months.

__ Other:

Modalities

Electrical Stimulation

Ultrasound



___ Heat before/after ___ Ice before/after exercise

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient ___ would ___ would not benefit from social services.

Date: _____

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