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Post-operative Rehabilitation Protocol

Extensor Mechanism Repair

To start 2 weeks post op

1-2 x wk for 12+ weeks

___ Patella Tendon

___ Quad Tendon

___ Patella ORIF

******Surgeons must complete ROM weekly goals and brace duration on Page 2******

Phase I – Acute Phase: 0-2 Weeks

Goals:

- Diminish pain, edema
- Brace locked in extension
- Reestablish quadriceps muscle activity/re-education (goal of no quad lag during SLR)
- May perform quad work out of brace
- Educate the patient regarding weight bearing as tolerated, use of crutches, icing, elevation and the rehabilitation process

Weight bearing:

- Weight bearing as tolerated with brace locked in extension. Discontinue crutch use as swelling and quadriceps recruitment dictates.

Modalities:

- Cryotherapy for 15 min 4 times a day
- Electrical stimulation to quadriceps for functional retraining as appropriate
- Electrical stimulation for edema control- high volt galvanic or interferential stimulation as needed

Therapeutic Exercise:

- Quadriceps sets
- SLR
- Hip adduction, abduction and extension
- Ankle pumps
- Gluteal sets
- Hamstring and gastroc/soleus and quadriceps stretches

Phase II: 2-6 weeks **Surgeon will complete the ROM parameters and weekly goals below in BOLD******

Goals:

- Restore and improve muscular strength and endurance
- **Begin knee ROM 0- ____ deg. Increase flexion ____ deg per week with goal 0-90 deg by week ____.**
- **Open brace to 0- ____ deg and increase ____ deg per week to correspond with knee ROM above with goal of 90 deg flexion at week ____.**
- Work toward normal gait
- Improve balance and proprioception

Weight bearing status:

- Patients may progress to full weight bearing as tolerated with brace set at flexion noted above. Patients may require one crutch or cane to normalize gait before ambulating without assistive device.

Therapeutic exercise:

- Continue all exercises as needed from phase one
- Heel slides
- Active knee extension exercises
- Lateral step ups, step downs, and front step ups
- Closed kinetic chain exercise terminal knee extension
- Four way hip exercise in standing
- Proprioceptive and balance training
- Stretching exercises- as above, may need to add ITB and/or hip flexor stretches

Phase III – 6-12 weeks

Goals:

- **Discontinue brace at week ____.**
- Enhance muscular strength and endurance
- Full ROM
- Improve quad control and strength

Therapeutic Exercise:

- Continue to emphasize closed-kinetic chain exercises
- Advance quad and hamstring strengthening
- Core control and kinetic chain exercises

Phase IV – 3-6 months

Goals:

- Enhance muscular strength and endurance
- Core control
- Advance to full activity

Therapeutic Exercise:

- Continue to emphasize closed-kinetic chain exercises
- Begin running and sports specific drills
- Advance to agility drills
- Continue Core control and kinetic chain exercises