



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

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:
 - 6-7 wks: Brace unlocked from 0-30 degrees.
 - 7-8 wks: Brace unlocked from 0-60 degrees.
 - 8-9 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 (9 wks- 5 months): *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 14 weeks.
- Strengthening:
 - begin isometric quad sets, SLRs
 - progress to closed chain strengthening (no open-chain) once out of the brace.

Phase III (5-9 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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