



## **Quad/Patellar Tendon Repair**

ROM Restrictions: \_\_\_\_ ext. to \_\_\_\_ flex.

Brace Settings: \_\_\_\_ ext. to \_\_\_\_ flex.

Weight Bearing Status: NWB, TTWB, PWB, WBAT

### **PHASE I EXERCISES**

- Edema control
- Prone active flexion to 45 degrees only (for 3 weeks), then prone active flexion to 60 degrees (for 3 weeks), then prone active flexion to 90 degrees (for 3 weeks), then prone active flexion to 120 degrees (for 3 weeks), then passive ROM as tolerated
- Quad sets with straight leg raises
- Hamstring sets
- Patella and quad mobilization (medial and lateral), no patellar/quad tendon mobs (superior/inferior)
- Toe raises

#### **Muscle Stretches**

- Sit and reach for hamstrings +/- towel
- Runners stretch for calf and Achilles

### **CARDIOVASCULAR EXERCISE**

- Bike and row single well leg (weeks 1-6)
- Both leg spin on bike with knee flexion limited to 30 degrees (at week 3)

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