



# TEXAS SPORTS & JOINT CLINIC

B-3, Ground Floor, PA Towers, 869, P.H. Road, Kilpauk, Chennai - 600 010.  
044-26420390, 8754555334 | [www.chennaisportsandjoint.com](http://www.chennaisportsandjoint.com)

## **Post-operative Quadriceps or patellar tendon repair Protocol**

### First 7-10 days

- 1) Keep brace on and locked in full extension.
- 2) Use crutches for touch down weight bearing only.
- 3) Change dressing on second day after surgery and replace with dry dressing.
- 4) Perform calf pumps three times each day (10-20 repetitions each time).
- 5) Use ice pack/cryocuff at least 3 times each day for 15 minutes each time to reduce swelling and pain
- 6) Keep wound/dressings dry. No showers for 7 days and no baths for three weeks
- 7) Pain medication, and muscle relaxant will be prescribed. Do not use anti-inflammatory medication like Advil (ibuprofen), Aleve (naproxen) for 6 weeks after surgery. You may also be prescribed a blood thinner injection for 7-10 days.

### First week to six weeks

#### **At first clinic visit:**

- 1) Brace for eight weeks.
- 2) Full weight bearing with brace locked in full extension
- 3) Sutures/staples will be removed. No baths or pools for 3 weeks after surgery.
- 4) Do not need to wear dressing if brace does not rub against the wound.
- 5) Steri-strips will fall off on their own. If they do not fall off, pull them off gradually by two weeks after surgery.

#### **PT goals (Passive range of motion):**

- 1) 90 degrees of flexion 6 weeks.
- 2) Swelling control

#### **Exercises:**

- 1) Patellar mobilization
- 2) Active flexion/passive extension exercises

### 6 weeks to 12 weeks

#### **PT goals (Improve ROM, initiate strengthening):**

- 1) Obtain full knee flexion by 10 weeks
- 2) Closed chain only quadriceps strengthening
- 3) Open chain hamstring strengthening and calf strengthening

#### **Exercises:**

- 1) Wall slides and mini-squats to 45 degrees (closed chain 0-45)
- 2) Hamstring curls with low weights 0-90. Progress gradually to higher weights by 12 weeks
- 3) Toes raises, step ups
- 4) May ride exercise bike
- 5) Pool walking

### 3 to 6 months

#### **PT goals:**

- 1) Continue all previous exercises to progress to full strength of quadriceps and hamstrings

#### **Exercises:**

- 1) Start jogging at 6 months
- 2) Full squats, leg presses at low weights and progress to full weight by 5-6 months. All weight training should be slow, controlled. No ballistic motion. No cutting maneuvers

### 6 – 9 months

#### **Goals:**

- 1) Return to sport if full range of motion, strength is 90% of other leg
- 2) Brace not required

#### **Exercises:**

- 1) Begin with sport-specific exercises and cutting maneuvers and progress to playing over 1-6 weeks

#### Additional instructions:

If right leg is operative leg, may not drive automatic transmission vehicle for 6 weeks.

If left leg is operative leg, may drive automatic transmission vehicle after have stopped using narcotic pain medication.

May return to sedentary desk work in one week.

May return to work requiring standing gradually over 3-4 weeks.

May return to heavy labor in 6-8 months.

#### Duration and frequency of PT:

For week 1-7 (12 visits): supervised 2x/week. Perform exercises on your own 5-7 days/week

For week 7-13 (12 visits): supervised 2x/week. Perform exercises on your own 3-5 days/week

For weeks 13-24 (12 visits): supervised 2x/mo. Perform exercises on your own 3-5 days/week