

PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

QUAD TENDON REPAIR PHYSICAL THERAPY PRESCRIPTION

Phase I: 0-2 Weeks

- Knee Brace: Worn at all times – taken off only for physical therapy sessions converted to hinged knee brace at first post-op visit
- Weightbearing: WBAT with the knee locked in extension
- Range of Motion: AROM/AAROM/PROM 0-30 degrees
- Therapeutic Exercises: Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises

Phase II: 2-6 Weeks

- Knee Brace: Worn with weightbearing activities still locked in full extension– may be removed at night
- Weightbearing: WBAT with the knee locked in extension
- Range of Motion: AROM/AAROM/PROM – add 15 degrees of flexion each week – Goal is 90 degrees by post-op week 6
- Therapeutic Exercises: Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises, Initiate straight leg raises

Phase III: 6-10 Weeks

- Knee Brace: Unlocked – worn with weightbearing activities
- Weightbearing: Full
- Range of Motion: AROM/AAROM/PROM – progress to full ROM by post-operative week 10
- Therapeutic Exercises: Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises, Initiate straight leg raises

Phase IV: 10-12 Weeks

- Knee Brace: Discontinue
- Weightbearing: Full
- Range of Motion: Full
- Therapeutic Exercises: Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises, Initiate straight leg raises, Start stationary bicycle

Phase V: 3-6 Months

- Return to full activities as tolerated

Treatment: _____ **times per week** **Duration:** _____ **weeks**

Physician's Signature: _____

Joel Weber, MD, Orthopaedic Surgeon