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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

Physical Therapy ORDER – Extensor Mechanism Reconstruction (Chronic quad or patellar tendon tear)

Phase I: 0-2 weeks

- Edema and pain control
- Weight bearing status: WBAT with extension cast
- ROM: none
- Brace: long leg cast

Phase II: 2-6 weeks

- WB status: WBAT with extension cast
- ROM: none
- Brace: long leg cast
- Exercises: side lying hip/core/glutes

Phase III: 6-12 weeks

- WB status: WBAT in extension
- ROM: none
- Brace: Long leg cast vs. HKB locked
- Exercise: side lying hip/core/glutes

Phase IV: 3-4 months

- WB status: WBAT with brace locked in extension
- ROM: slowly advance flexion as tolerated
- Brace: hinged knee brace
- Exercise: patellar mobs, hamstring work, straight leg raises

Phase V: 4-6 months

- WB status: WBAT with brace unlocked
- ROM: continue to progress as tolerated; goal: 120 deg
- Brace: hinged knee brace unlocked
- Exercise: avoid any squats, lunges or open chain resisted quad exercises until 12 months