

UCSF Physical Therapy Referral

UCSF Sports Medicine at the Orthopaedic Institute

Physical Therapy Prescription

Diagnosis: patellar/quadriceps tendon repair

Evaluate and Treat per therapist plan 1-2 times/week for 6-8 weeks. Please contact the office for renewal as needed.

EARLY POST OP (weeks 0-2)

GOALS:

Protection of repair
Quad activation

EXERCISES

50% weight bearing with brace locked in extension
Ankle pumps
Heel slides

PHASE I- 2-6 weeks

GOALS:

Initiate ROM
Quad activation
Avoid active knee extension
Avoid aggressive flexion

EXERCISES/RESTRICTIONS:

Advance to WBAT with brace locked in extension
ROM exercises—
2-4 weeks 0-30 degrees
4-6 weeks 0-60 degrees
Seated passive flexion
Active assisted extension
Quadriceps isometrics
Straight leg raise with brace at 0
Hip/CORE/ankle strengthening
Scar mobilization
Patella mobilizations
Modalities—stim OK

PHASE II (6-12 weeks)

GOALS:

Improve ROM to 120
Improve quadriceps strength
Normalize gait
Discontinue crutches

EXERCISES/RESTRICTIONS:

Brace unlocked to 60 once good quadriceps control.
Wean off crutches
Work on motion, gait and swelling minimal

UCSF Orthopaedic Institute

1500 Owens Street Ste 170 | San Francisco, CA 94158
Phone: 415-353-2808 | Fax: 415-353-7593 | orthosurg.ucsf.edu

Avoid aggressive flexion ROM
A/AAROM knee flexion exercises
Continue patellar mobilization
Progression to regular bike
Leg press when ROM >60 deg
Initiate forward step-up program
Wall slides
Proprioception program
Modalities OK
Home exercise program
OK TO DISCONTINUE BRACE AT 12 WEEKS if good quad control

PHASE III (12-20 weeks)

GOALS:

Full knee ROM
Improve quadriceps flexibility
Return to normal ADL
Independent in home therapy

EXERCISES/RESTRICTIONS:

Knee flexion ROM
Quad/Hamstring strengthening
-step up/step down
-progress squat program
Advanced Proprioception
Agility training
Elliptical OK, Bike OK
Modalities
Home exercise program

PHASE IV (>20 weeks)

GOALS:

Pain Free Running
Sport-specific activity

EXERCISES/RESTRICTIONS:

Continue lower extremity strengthening
Plyometric program
Running program
Agility/sport specific program
Home exercise program

UCSF Orthopaedic Institute
1500 Owens Street, #201
San Francisco, CA 94158
Ph: 415.353.7566 Fax: 415.885.3838