



# Mid-America Orthopedics

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## **Patella / Quad Tendon Debridement**

### **Days 3-14**

- **Brace:** ROM brace locked in full extension
- **Ambulation:** WBAT
- **ROM:** 0-90 deg
- **Flexibility exercises:** hamstring, gastroc/soleus stretching, quad and ITB stretching
- **Strengthening:** Quad sets and SLR in all planes (Initiate Russian/biofeedback early to facilitate full VMO contraction)
- **Special Instructions:** Begin Grade I-II patellar mobilization in all planes

### **Days 15 - 28**

- **Brace:** ROM brace locked in full extension until end of 4th week
- **ROM:** Flexion: 0-90 deg
- **Strengthening:** Low level Total Gym, continue hip strengthening, hamstring flexibility, calf raises, closed kinetic chain strengthening

### **Weeks 4-6**

- **Brace:** ROM brace with open ROM
- **ROM:** Full flexion
- **Aerobic Conditioning:** Bike/Elliptical
- **Special Instruction:** avoid open kinetic chain knee extension exercises

### **Weeks 6+**

- **ROM:** Full flexion
- **Strengthening:** Pain-free
- **Aerobic Conditioning:** Bike/Elliptical, running, cutting, jumping

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.