



Mid-America Orthopedics

Dr. John Babb

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PATELLA / QUAD TENDON DEBRIDEMENT

Day 1 Post-op

- PT removes bandages on POD #3, keep steri-strips intact until Dr Babb can remove them.
- No ointments, betadine etc should be used on the incisions or portals.
- If any drainage/oozing is present recover with 4x4's and notify Dr Babb (may need antibiotics).
- **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
- If any wounds are oozing delay range of motion until wounds are closed and healed.
- **NO water on wounds** for 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until wounds are scars.
- **NO Valgus stress for 6wks, brace on at all times except to change dressing**
- **ROM in PT: 0-90**
- **ROM: Brace Locked in full extension**
- **Strengthening:**
 - Quad, hamstring sets, ankle pumps

Day 2-13 Post-op

- **Brace: brace locked in full extension**
- **ROM: locked in full extension**
- **WB: 25% Weight bearing**
- **Strengthening:**
 - Begin flexibility exercises: hamstring, gastroc/soleus stretching, quad and ITB stretching
 - Begin quadriceps mechanism strengthening including Quad sets and SLR in all planes (Initiate Russian/biofeedback early to facilitate full VMO contraction)
 - Continue progressing previous strengthening activities
- Begin Grade I-II patellar mobilization in all planes

Day 14-27 Post-op

- **ROM: Flexion: 0-90**
- **WB: 50-100%**
- **Brace: unlocked to 90 deg.**
- **Strengthening:**
 - Low level Total Gym
 - Continue hip strengthening progression

- Hamstring flexibility
- Calf raises
- Light closed kinetic chain strengthening

Day 28-41 Post-op

- **ROM:** Full flexion
- **Brace:** unlock to full but this is dependent on ROM in PT
- **Ambulation w/o antalgic gait**
- **Cardio:** Bike/Elliptical
- **Strengthening:**
 - Pain free strengthening of lower extremity (**caution:** with open kinetic chain knee extension)
 - Continue progressing previous strengthening activities

6 Weeks Post-op

- **ROM:** Full
- **Strengthening:**
 - Pain free strengthening of lower extremity (**caution:** with open kinetic chain knee extension)
 - Continue progressing previous strengthening activities
- **Cardio:** Bike/Elliptical
- Running, cutting, jumping
- **Functional Goals:** 3 Hop test, 1 Hop test, Single leg balance reach test within 95% of uninvolved LE

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.