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BOARD CERTIFIED ORTHOPAEDIC SURGEON

RECOVERY GUIDE FOR:

QUADRICEPS / PATELLA TENDON REPAIR



OUR GOAL:

Relieve pain, restore knee function, improve mobility, and help you return to the activities you love.

KEY POINTS



Activity:

Flat foot weight bearing (no weight through extremity, rest on ground only) for 6 weeks. Continuous crutch and brace use during this time.



Motion:

You may begin progressive knee motion with your therapist at 2 weeks starting at 30 degrees. Full motion by 6-8 weeks



Wound Care and Bathing:

You should keep bandage on for 4 days. After that it may be removed and you can shower. Warm soapy water runs over the incision. Pat dry. Leave open to air. No submerging.

YOUR RECOVERY TIMELINE



PHASE I 0 – 2 WEEKS

Focus: pain and swelling control, walking with crutches + straight brace

Goals:

- ✓ Knee locked straight for 2 weeks
- ✓ Work with therapist
Ice, Pain control

Activities:

- Crutch/Brace Training
- Patella mobilization



PHASE II 2 – 6 WEEKS

Focus: walking with crutches + straight brace, protect repair, early motion, PWB

Goals:

- ✓ Week 2: Motion 0°-30°
Week 4: Motion 0°-60°
- ✓ Week 6 Motion 0°-90°
50% WB at ~4 weeks

Activities:

- Heel slide per ROM restrictions
- Assisted SLR



PHASE III 6 – 12 WEEKS

Focus: Begin full weight bearing, Build strength

Goals:

- ✓ Week 8: Motion 0°-120°
Full WB at ~6-8 weeks
- ✓ Brace for 6-8 weeks
Crutch for 6-8 weeks

Activities:

- Stationary bicycle
- Mini squats
- Scar massage



PHASE IV 3 – 6 MONTHS

Focus: return to running, all activities except competition

Goals:

- ✓ Walk to jog to run
Plyometric
- ✓ Sport specific strengthening

Activities:

- Competitive athletics at 9-12 months postop

⌚ Time frames are guidelines. Everyone heals at a different rate. Your progress will determine how quickly you move to the next phase.

WHAT TO EXPECT



Postop Day 1-3

Surgical pain significantly improves



Postop Day 3-14

Meet with therapist to establish PT/OT treatment plan



Postop Week 2-3

Follow up appointment and wound check



Postop Week 6-8

Follow up appointment and x-ray if necessary.



Postop Week 12-16

Follow up appointment, function check and schedule additional appointments if necessary

HELP YOUR RECOVERY



ICE AND ELEVATE

15-20 minutes, several time per day



STAY HYDRATED & EAT WELL

Good nutrition supports healing. Minimize sugar, optimize protein



GET QUALITY SLEEP

You body heals while you rest



DO YOUR HOME EXERCISES

They are key to your success



LISTEN TO YOUR BODY

It's normal to have ups and downs. Pain and swelling should guide your activity level.

CALL YOUR DOCTOR IF YOU HAVE:



Fever over 101F



Redness, drainage, or warmth at incision site



Shortness of breath, chest pain, calf pain



Increased pain not relieved by pain medicine



Numbness, tingling or loss of movement in your extremity

Your Notes:

Your Partners in Recovery:

Your surgeon and physical/occupational therapy team are here to support you every step of the way. Don't hesitate to reach out with questions or concerns.