#### Taylor R. Dunphy, MD [Newport Orthopedic Institute](https://www.newportortho.com/)

Orthopaedic Surgery and Sports Medicine

PATIENT NAME

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**PATELLA/QUAD REPAIR PHYSICAL THERAPY PRESCRIPTION**

**DIAGNOSIS: (LEFT / RIGHT) PATELLA/QUADRICEPS TENDON REPAIR DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phase 1 (Weeks 0-2)**

Weight bearing: WBAT w/ crutches

Brace: locked in extension at all times (day and night)

ROM: as directed by operative report, max 0-30

Exercises: straight leg raises, Heel slides, quad sets, patellar mobs, calf pumps

**Phase 2 (Weeks 2-8)**

Weight bearing: Full weight bearing in brace

Brace: 2-4 weeks: Locked in full extension day and night

4-6 weeks: Off at night; locked in full extension daytime

6-7 weeks: 0- 45°

7-8 weeks: 0- 60°

Discontinue brace at 8 weeks

ROM: Week 2: 0-45 deg

Increase 15 deg every week.

Goal full motion by week 8

Exercises: Advance Phase 1 exercises

Add side-lying hip/core/glutes

Begin WB calf raises

No weight bearing with flexion >90°

**Phase 3 (Weeks 8-12)**

Weight bearing: Full

Brace: None

ROM: Full

Exercises: Progress closed chain activities

Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes

Begin stationary bike when able

**Phase 4 (Weeks 12-20)**

Weight bearing: Full

Brace: None

ROM: Full

Exercises: Progress Phase III exercises and functional activities: single leg balance, core, glutes,

eccentric hamstrings, elliptical, and bike

Swimming okay at 12 wks

Advance to sport-specific drills and running/jumping after 20 wks once cleared by MD

\*\*Please send progress notes.

**Physician’s Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Taylor R. Dunphy, MD, Orthopaedic Surgeon, Newport Orthopedic Institute**