



### Physical Therapy Protocol – Extensor Mechanism Repair

**Diagnosis:** R / L Extensor Mechanism Repair

**Date of Procedure:** \_\_\_\_\_

**Frequency:** 2-3 Times Per Week for \_\_\_\_ weeks

**Weeks 0-6:** *period of protection, healing, decreasing edema, quadriceps activation*

- **Weightbearing:** full with brace locked in extension at all times except with therapy
- **Hinged Knee Brace:** brace locked in extension at all times except with therapy
- **Range of Motion:**
  - o **Weeks 0-2:** 0-30 degrees with therapy
  - o **Weeks 2-4:** 0-60 degrees with therapy
  - o **Weeks 4-6:** 0-90 degrees with therapy
- **Therapeutic Exercises:** calf pumps, gentle patellar mobs, quad sets, SLR in brace locked in full extension, begin floor based core/glute exercises
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after

**Weeks 6-12:**

- **Weightbearing:** full, d/c crutches when gait normalized
- **Hinged Knee Brace:** unlock while ambulating, wean out of brace as tolerated
- **Range of Motion:** progress to full, painless ROM
- **Therapeutic Exercises:** advance from above, advance floor-based core/glute exercises; SLR without brace if good quad control, partial wall-sits, weight shift, mini squats, advance quad strengthening, begin short crank ergometry and progress to standard if knee ROM > 115 and pain free
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after

**3-6 Months:**

- **Weightbearing:** full
- **Hinged Knee Brace:** none
- **Range of Motion:** progress to full, painless
- **Therapeutic Exercises:** advance above, leg press, squats, initiate running/jogging as tolerated, isotonic knee extensions (90-40 degrees, closed chain preferred), agility exercises, versaclimber/Nordic track, normalize quad strength
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after