



Post-Op Patella Tendon Repairs And Quads Tendons Repairs

Post-op long lever brace locked in full extension. Patients to be **non weight bearing**.

- 2 weeks:** inspect wound
removal of sutures
brace opened to 30° flexion (unless stated otherwise in post-op instructions)
remain NWB
hip exercises, Abd and Ext PF / DF.
- 3 weeks:** begin PWB
static quads
brace opened to 50° flexion
check patella mobility.
- 4 weeks:** PWB
SLR
brace to 70° flexion.
- 6 weeks:** clinic appointment
brace to 90° flexion
progress WB to full over next 2-3 weeks
start balance work.
- 8 weeks:** brace removed aim to increase flexion to FROM
static bike
leg extensions no weight.
- 12 weeks:** FWB
progressive quads strengthening
avoid hip extension with knee flexion until now.

Avoid jumping and contact sport for at least 6 months post surgery.

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