

# Extensor Mechanism Repair Protocol

## Post-op:

- Long lever hinged knee brace locked in full extension. Patients to be **non-weight bearing**.
- TAQs

## 2 weeks:

- Removal of sutures
- **Brace opened to 30°** flexion (unless stated otherwise in post-op instructions)
- Remain **NWBing**
- Hip abduction/extension exercises

## 3 weeks:

- Begin **PWBing**
- **Static and inner range quads**
- **Brace opened to 50°** flexion
- Assess patellar mobility – passive mobilisations as required

## 4 weeks:

- **Straight leg raise exercises**
- **Brace opened to 70°** flexion

## 6 weeks:

- **Brace opened to 90°** flexion
- Progress to **FWB** over next 2-3 weeks
- Start single leg balance work
- **Avoid hip extension with knee flexion until 12/52**; i.e. quads stretches

## 8 weeks:

- **Brace removed**
- Aim to increase flexion to FROM
- Static bike

## 12 weeks:

- Progressive weight-bearing and functional quads strengthening
- **Begin quads stretches** (knee flexion with hip extension)
- **Avoid jumping and contact sport for at least 6 months post surgery**

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