

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**

12 – 18 months:

- There are different methods of protecting the repair with different materials used or auto or allograft ligaments. Some of them (such as the cerclage wire shown in the patient information) may need a second operation to remove them, once it is safe to do so.

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