

# Protocol for Post-Operative Extensor

## Mechanism Repairs

THIS IS **NOT** INCLUDING PATELLA FRACTURES  
FOR SOFT TISSUE (QUADS/PATELLA TENDON) ONLY

Take into consideration tissue healing, therefore approach with caution if smoker or diabetic etc.

Also note this is a guide - always check post op note.

Week 0-2

Walking	ROM	Exercises
Weight bear as tolerated (WBAT) in ROM brace	Brace set to -10 to 30° for exercises and mobilising	Swelling management Soft tissue massage/mobilisation Patella mobilisations Passive ROM exercises in brace: Heel hangs and flexion Static quads exercises Inner Range Quads with no weight Side lying hip abduction Ankle ROM Heel raises Weight transfer practice

Week 2-4

Walking	ROM	Exercises
Weight bear as tolerated (WBAT) in ROM brace	Brace set to -10 to 60° for exercises and mobilising	As above Add Active Straight Leg Raise if no lag

Week 4-6

Walking	ROM	Exercises
Weight bear as tolerated (WBAT) in ROM brace	Brace set to -10 to 90° for exercises and mobilising	As above Balance work /Single leg stand

### Criteria to progress to week 6:

Active knee flexion of 90°, Full knee extension, ASLR with no lag for 10 seconds

If not reaching targets discuss with senior.

Walking	ROM	Exercises
Wean from brace  (Consider patient's quads strength and gait before advice to wean)	Free range	Wall sits to 90° - body weight Squats to 90° - body weight Terminal knee extension control - lock unlock exercises Single leg knee dips - concentrate on control

Week 6-12

### Criteria to progress to week 12:

Equal ROM, Minimal pain/swelling, Normal gait, ASLR with 4lbs with no lag for 10 seconds

If not reaching targets discuss with senior.

Walking	ROM	Exercises
Out of brace/ continue wean if needed	Free range	Lunges to 90° - body weight Leg press to 90° Open chain quads with weight Quads stretching Strength testing

Week 12  
onwards

### Introduction to jogging/agility if:

No swelling

No lag

Normal gait

Equal ROM

Equal/Good control on single leg knee dips

Full ankle ROM/Equal heel raises

Over 85% quads and hamstring strength vs. non-operated side

### Introduction to sprint training programme if:

Plyometric test (over 85% of non-operated side)

90% quads and hamstring strength vs. non-operated side

Advised that Quads/Hams ratio over 85% of same leg (Quads>Hams) prior to return to sport