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Post-Operative Rehabilitation Guidelines for Quadriceps or Patellar Tendonitis with BMAC

0-4 Weeks: WBAT, Brace locked in extension all times except with therapy.

ROM: 0-60° Weeks 2-4
0-90° Weeks 4-6

Patella mobilization
SLR supine with brace locked at 0 degrees, Quad Sets
Ankle Pumps

5-10 Weeks: Unlock brace for ambulating. Wean from brace as tolerated. May
D/C crutches when gait normalized.
Normalize ROM. No limits.
Begin short crank ergometry and progress to
Standard (170mm) ergometry (if knee ROM > 115 degrees)
Advance quad strengthening
Mini Squats / Weight Shift

>11 weeks:
Leg Press, Squats
Initiate running/jogging
Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
Agility exercises (sport cord)
Versaclimber/Nordic Track
Normalize quad strength