GALLAND/KIRBY PATELLAR TENDON REPAIR
POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 – 14

- Dressing:
  - POD 1: Debulk dressing, TED Hose in place
  - POD 2: Change dressing, keep wound covered, continue TED Hose
  - POD 7-10: Sutures out, D/C TED Hose when effusion resolved
- Brace x 8 weeks – Locked in extension for ambulation
- Crutches – Partial weight bearing (PWB)
- Patellar mobilization (teach patient)
- Calf pumping
- AAROM 0-45 degrees (passive extension, active flexion, heel slides)
- Passive extension with heel on bolster or prone hangs
- Electrical stimulation – sub-maximal quad sets for muscle re-education
- Quad sets, Co-contractions quads / Hamstrings
- Standing Straight leg raise (SLR) x 4 (in brace)
- Gentle Hamstring stretch
- Ice Pack with knee in full extension after exercise

GOALS

- Full passive extension
- Good quad control
- Pain/effusion controlled

Weeks 2 - 4

- Brace x 8 weeks – Locked in extension for ambulation
- Crutches – Weight bearing as tolerated (WBAT), D/C when gait is normal
- Continue appropriate previous exercises
- AAROM 0-70 degrees (passive extension, active flexion)
- SLR x 4 on mat (in brace)
- Hamstring curls 0-45 degrees on weight machine with light resistance
- Double leg heel raises
• Proprioceptive training (in brace)
  – Single leg standing in parallel bars
  – Double leg BAPS for weight shift
• Stretches – Hamstring, ITB

GOALS
• ROM 0-70 degrees
• No extensor lag

WEEKS 4 - 6
• Brace x 8 weeks – Locked at 0-30 degrees for ambulation
• Continue appropriate previous exercises
• AAROM 0-90 degrees (passive extension, active flexion)
• Standing SLR x 4 (in brace) with Theraband bilaterally
• Hamstring curls 0-90 degrees on weight machine with light resistance
• Forward, lateral and retro step downs in parallel bars (in brace 0-45 degrees)
  – No knee flexion past 45 degrees (small step)
• Single leg heel raises (in or out of brace)
• Elliptical trainer (in brace)

GOALS
• Normal gait
• ROM 0-90 degrees

WEEKS 6 - 8
• Brace x 8 weeks – Gradually open to available range
• Continue appropriate previous exercises
• AAROM, AROM through full range
• Active knee extension without weight (no brace)
• SLR x 4 on mat with light weight below the knee (no brace)
• Leg press 0-60 degrees – Light resistance (no brace)
• Mini squats, Wall squats 0-60 degrees (no brace)
• Proprioceptive training (in brace) – Single leg BAPS, ball toss and body blade
• Stationary bike (no brace) – Progressive resistance and time
• Treadmill – Forwards and backwards walking (in brace)
• Pool therapy (flutter kicks from hip with knee in extension)
GOAL
• ROM 0-110 degrees

WEEKS 8 - 12
• D/C Brace
• Continue appropriate previous exercises and following ex without brace
• PROM, AAROM, AROM to regain full motion
• Short Arc Quads
• Hamstring curls on machine through full range – Light to moderate resistance
• Leg Press 0-90 degrees – Light to moderate resistance
• Hip weight machine x 4 bilaterally
• Fitter
• Slide board
• Treadmill – Walking progression program

GOALS
• Full ROM
• Walk 2 miles at 15 min/mile pace

MONTHS 3 - 4
• Continue appropriate previous exercises
• Knee extension weight machine with light to moderate resistance
• Functional activities – Figure 8s, gentle loops, large zigzags
• Treadmill – Running progression program
• Pool therapy – Swimming laps
• Quad and Hip Flexor stretches

GOALS
• Equal thigh girth
• Equal quad flexibility in prone (heels to buttocks)
• Run 2 miles at easy pace

MONTHS 4 - 6
• Continue appropriate previous exercises
• Agility drills / Plyometrics
• Sit-up progression
• Stairmaster
• Running progression to track
• Transition to home / gym program

**GOAL**

• Return to all activities

*NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP*
KNEE POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

Quad Isometrics

Heel Slides

Active Assisted Motion

Ice Position  15 minutes 2-3 x per day