



Indiana University Health

Trevor Call, DO
Indiana University Health Physicians
Sports Medicine and Arthroscopic Surgery
IU Health West Hospital – 1115 Ronald Reagan Pkwy #148, Avon, IN 46123
Phone: 317-944-9400
Eskenazi Health – 720 Eskenazi Ave, Indianapolis, IN 46202
Phone: 317-880-3737

Patella or Quadriceps Tendon Repair; Patella ORIF

(Updated 4/2025)

General Post Op Instructions

Wound Care	<ul style="list-style-type: none">✓ Dressings can be removed 2 days after surgery, or they can be removed at the first physical therapy appointment✓ If desired, incisions may be covered with simple dressings (band-aids)
Swelling	→ Swelling and bruising are to be expected after a surgical procedure
Ice and Elevate	<ul style="list-style-type: none">✓ Ice 20 minutes on 20 minutes off, several times a day to help with swelling✓ Do not place ice or cold back directly onto the skin✓ Elevate the limb above the heart when able
Showering	<ul style="list-style-type: none">→ Do not soak incisions in water until after stitches are removed→ You may begin to shower 2 days after surgery after dressings are removed<ul style="list-style-type: none">○ Allow soapy water to run over the incision but do not scrub○ Dry, apply band-aids if needed→ Brace may be removed for hygiene
Driving	<ul style="list-style-type: none">✓ Dr. Call does not release patients to drive at a specific date or week post op✓ It is unlawful to drive under the influence of opioid (strong pain) medications✓ Must be able to safely apply the brakes before returning to drive✓ Driving in a brace/sling/boot is not recommended

Weight Bearing Restrictions and Brace Use

	Weight bearing and Brace	ROM Limits
Week 1-2	<ul style="list-style-type: none">✓ WBAT✓ Hinged knee brace locked in extension for ambulation and sleep	<ul style="list-style-type: none">✓ 0-30 degrees
Weeks 3-5	<ul style="list-style-type: none">✓ WBAT✓ Hinged knee brace locked in extension for ambulation✓ DC brace at night at week 6	<ul style="list-style-type: none">✓ Week 3: 0-45 degrees✓ Week 4: 0-60 degrees
Week 6 +	<ul style="list-style-type: none">✓ Wean off crutches or walker✓ Week 6-7: WBAT, knee brace locked 0-90 degrees✓ Week 8+: DC brace	<ul style="list-style-type: none">✓ Week 6: 0-90 degrees✓ Week 8: 0-110 degrees✓ Week 10+: progress to full ROM



Indiana University Health

Trevor Call, DO
Indiana University Health Physicians
Sports Medicine and Arthroscopic Surgery
IU Health West Hospital – 1115 Ronald Reagan Pkwy #148, Avon, IN 46123
Phone: 317-944-9400
Eskenazi Health – 720 Eskenazi Ave, Indianapolis, IN 46202
Phone: 317-880-3737

Immediate Post Operative Phase (up to week 4)

Overall Goals	✓ Protect fixation and surrounding soft tissues ✓ Decrease pain and effusion ✓ Restoration of full passive knee extension ✓ Gradual improvement of knee flexion ✓ Regain quadriceps control
Cautions	→ No active knee extension for 6 weeks → Extended periods of standing and walking should be avoided → Patient needs to mobilize
Range of Motion	✓ Follow ROM restrictions above
Therapeutic Suggestions	→ Vasopneumatic pump and cryotherapy to decrease swelling if desired → Patellar mobilization - medial and lateral → Long sit hamstring stretch → Gastroc stretch with towel → Ankle pumps to prevent lower leg edema and to prevent DVT → If patient can not get knee fully extended, perform heel prop in supine to get full passive extension → Quad sets, gluteal sets, adductor sets in supine → SLR-Hip Flexion, Hip Abduction, Hip Extension in brace locked in extension (assist as needed) → Gradual return to daily activities with crutches or walker
Progression Ready to Next Phase	✓ Full passive knee extension ✓ Knee Flexion to limits ✓ Minimal pain and swelling

If not all goals are met, patient may progress to the next phase with intervention plan in place to address deficiencies

Intermediate Rehabilitation Phase (Weeks 5 – 8)

Overall Goals	✓ Protect repair ✓ Progress physical therapy
Cautions	→ No active knee extension for 6 weeks → Wean off crutches around week 6
Range of Motion	✓ Knee flexion limited to 90 degrees for the first 6 weeks
Therapeutic Suggestions	→ Gravity Assisted Seated Knee Flexion to 90 degrees → Closed chain strengthening → AA Knee Flexion using other leg if patient having difficulty regaining knee flexion to 90



Indiana University Health

Trevor Call, DO
Indiana University Health Physicians
Sports Medicine and Arthroscopic Surgery
IU Health West Hospital – 1115 Ronald Reagan Pkwy #148, Avon, IN 46123
Phone: 317-944-9400
Eskenazi Health – 720 Eskenazi Ave, Indianapolis, IN 46202
Phone: 317-880-3737

- If patient can lift 3 lbs on 4 way SLR- progress to hip strengthening on the cable column or multi-hip machine
- Can begin aquatic exercise for open chain hip flexion/abduction/adduction/ extension
- If patient having difficulty maintaining full extension, begin prone leg hang
- Seated heel raise
- Standing bilateral heel raise
- Weight shift-laterally, diagonally and forward
- Closed chain terminal knee extension in standing with theraband behind knee
- Heel slides

Progression	✓ Meeting ROM limits/goals
Ready to	✓ Minimal pain and swelling
Next Phase	✓ Full active knee extension

Advance Strengthening Phase (Weeks 9 – 12)

Overall Goals	✓ Recover normal gait pattern and improve functional activities ✓ Gradually increase to full ROM ✓ Gradually improve quadriceps strength/endurance
Cautions	→ No jogging or running
Range of Motion	✓ Progress to full ROM
Therapeutic Suggestions	→ Leg press → Wall sits/slides → Stationary bike → Week 10: <ul style="list-style-type: none">○ Add physioball○ Treadmill walking○ Elliptical○ Single leg heel rise
Progression	✓ Full ROM
Ready to	✓ Minimal discomfort with exercises
Next Phase	

Late Rehabilitation and Strengthening Phase (Week 13 – 24)

Overall Goals	✓ Progress muscular strength
Cautions	→ None
Range of Motion	✓ Full ROM
Therapeutic Suggestions	→ Lateral shuffle/Carioca → Agility Ladder



Indiana University Health

Trevor Call, DO

Indiana University Health Physicians

Sports Medicine and Arthroscopic Surgery

IU Health West Hospital – 1115 Ronald Reagan Pkwy #148, Avon, IN 46123

Phone: 317-944-9400

Eskenazi Health – 720 Eskenazi Ave, Indianapolis, IN 46202

Phone: 317-880-3737

→ Treadmill jogging

Progression ✓ Full non-painful ROM

Ready to ✓ Strength within 80-90% of contralateral extremity

Agility ✓ Balance and/or stability within 75-80% of contralateral extremity

Training ✓ No pain, inflammation or swelling

Return to ✓ Around 5-6 months post op

Sports ✓ Completion of running and agility program without symptoms with good form

✓ Quadriceps strength 85-90 %

✓ Hamstring strength 85-90 %

✓ Good balance and proprioception
