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Post-Tenotomy Procedure Protocol for Quadriceps or Patellar Tendonopathy

Today (First Day):

Keep leg elevated on the first post-procedure day,

Ice 20 minutes every hour you are awake

If NOT allergic: non-steroidal anti-inflammatory medications (ibuprofen, Naprosyn) for pain relief.

Do ankle pumps, (early active dorsi- and plantar-flexion of the foot) at least 20 per hour.

Full-weight bearing is allowed but NO RUNNING OR JUMPING for two weeks.

Do not drive until pain-free for one whole day at rest.

Day 2-14

Isometric contraction of the knee extensor and flexor muscles are performed at least three times per day, for 10 repetitions per each position of the knee (45 and full extension).

Stationary bicycling can be started when you are comfortable.

Day 28

Jogging and physical therapy is started at the 4th post-procedure week, and sports-specific training was resumed at 8-10 wk. Training duration and intensity is gradually increased, and return to normal training is allowed after 4 months from the procedure.



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