

Name \_\_\_\_\_

Therapist \_\_\_\_\_

Physician \_\_\_\_\_



# Patient Flow Sheet

proaxistherapy™

## Quadriceps or Patellar Tendon Repair

### Phase 1 – MOTION AND MOBILITY

**Weeks 0-6** Patellar mobilizations, including quad & patellar tendon  
ROM: emphasize full extension, heel/wall slides for flexion  
Quad set: Week 0-2  
SLR: No earlier than week 3, in brace; do not perform if extensor lag  
\* No SAQ/LAQ  
\* No bike  
**ROM:** 0-30° until week 2, then progress ~10°/wk. Locked in extension during ambulation weeks 0-6  
**Brace:** locked in extension (weeks 0-4); advance ~10°/wk per MD orders  
**Weight-bearing:** PWB weeks 0-2; FWB weeks 4-6. Brace locked in extension for ambulation weeks 0-6

### Phase 2 – ENDURANCE

**Week 7-12** Gradually initiate entry-level closed-chain activities (low reps)  
Progress from double leg → single leg; from stable → unstable surfaces  
Balance progression  
Bike for cardiovascular fitness  
**ROM:** Full ROM, progressing as tolerated  
**Brace:** 0-60° x 1 week, 0-90° x 1 week, fully unlocked beginning week 9  
**Weight-bearing:** FWB

*\*Note: Non-athletes may be appropriate for discharge to independent home program at this time if able to complete work and life demands. Check for safety with stair negotiation and ambulation on uneven surfaces.*

### Phase 3 – STRENGTH

**Week 12-20** Increase sets/duration of closed-chain strengthening in varied proprioceptive environments  
Progress unilateral strength  
\*No loaded deep knee flexion for 4-6 months  
Begin LAQ at 4 months at earliest

### Phase 4 – AGILITY, POWER, RETURN TO SPORT

**Week 20+** Sport-specific movement patterns practiced in supervised and controlled environment  
Sport Cord test at 6 months (if appropriate)  
Graded re-integration into sport activities with MD and PT clearance

### Return to Activities

Running: 4-5 months when functional criteria are met

Golf: Short irons at 4 months, full swing with long irons at 5 months. Delay 4-6 weeks if lead leg.

Pivoting/cutting sport: When functional criteria are met and cleared by surgeon, typically 7+ months at earliest

### Surgeon Comments: