



JAGLOWSKI  
ORTHOPEDIC  
INSTITUTE

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## **Extensor Mechanism Repair**

### **Rehabilitation Protocol**

**Dr. Jeffrey R. Jaglowski**  
jagsortho.com

**\*\* The following instructions represent general guidelines. Your personal instructions may be slightly different and will be conveyed to you by Dr. Jaglowski if this is the case. Post-operative instructions, physical therapy protocols, and useful information regarding your post-op care may be found electronically at [www.jagsortho.com](http://www.jagsortho.com).\*\***

### **Phase I: 0-2 Weeks Post-op**

#### **Weight Bearing**

- Full Weight Bearing with leg in brace, using crutches to aid with walking and for balance

#### **Brace**

- Locked at 0° (full) extension at all times during the day except when doing exercises
- Locked at 0° during the night

#### **ROM**

- Dr. Jaglowski will tell you the range of motion allowed based upon intra-operative assessment, usually full extension for the first 2 weeks

#### **Therapeutic Exercise**

- Flexion: Heel slides to permitted flexion (see ROM)
- Knee flexion exercises to permitted flexion in prone position, with gravity extension
- Extension: Passive knee extension using towel roll, prone hangs
- Strengthening: Quad setting with knee support, Straight leg raises with brace locked in extension, plantarflexion/ dorsiflexion, eversion/inversion strengthening

## **Phase II: 2-4 Weeks Post-op**

### **Weight Bearing**

- Full weight bearing, brace locked in extension at all times when weight bearing

### **Brace**

- Continue to wear hinged knee brace locked in extension all day and night, except when doing exercises

### **ROM**

- 0-60°

### **Therapeutic Exercise**

- No weight bearing exercise at flexion angle > 90°
- Continue prone knee flexion exercises
- Continue SLR, quad sets
- Add side lying hip, core and glut strengthening

## **Phase III: 4-6 Weeks Post-op**

### **Weight Bearing**

- Full weight bearing, brace locked in extension at all times when weight bearing

### **Brace**

- Continue to wear hinged knee brace locked in extension all day
- May remove brace at night and when doing exercises

### **ROM**

- 0-90°

### **Therapeutic Exercise**

- No weight bearing exercise at flexion angle > 90°
- Continue prone knee flexion exercises
- Continue SLR, quad sets
- Continue side lying hip, core and glut strengthening

## **Phase IV: 6-8 Weeks Post-op**

### **Weight Bearing**

- Full Weight bearing when wearing brace as directed

### **Brace**

- Week 6: Unlock brace 0-45°
- Week 7: Unlock brace 0-60°
- Week 8: Unlock brace 0-90°

### **ROM**

- Continue to advance to full painless ROM

### **Therapeutic Exercise**

- No weight bearing exercise at flexion angle > 90°
- Continue prone knee flexion exercises
- Continue SLR, quad sets
- Continue side lying hip, core and glut strengthening

## **Phase V: 2-3 Months Post-op**

### **Weight Bearing**

- Full weight bearing without crutches

### **Brace**

- None

### **ROM**

- Full

### **Therapeutic Exercise**

- Advance strengthening
- Stationary bike when able
- Hamstring work
- Continue core/hip/glut
- Balance, proprioception
- Closed chain

## **Phase VI: 3-6 Months Post-op**

### **Weight Bearing**

- Full weight bearing

### **Brace**

- None

### **ROM**

- Full

### **Therapeutic Exercise**

- Advance exercises and functional activities
- OK to swim
- Gradual return to sport
- Home Maintenance Program