

# Extensor Mechanism Realignment Operative Rehabilitative Protocol

## Pre-op phase

- Quad sets, straight leg raises, crutch training

## Perioperative phase

- Immediate post-op: CPM 0-45 degrees)
- Second post-op day:
  - In hinged knee brace quad sets and ankle ROM's
  - Straight leg raises assisted or eccentric slow to avoid hemarthrosis
  - Electrical stimulation as needed
  - Weightbearing as tolerate with crutches and brace locked in extension)

## Post-operative Days 5-7

- 20-25 straight leg raises in brace; no more than 40-50 three times a day
- Passively flexing 0-45 degrees
- Hamstring setting and stretching
- Hip exercises in splint abduction, extension and adduction

## Weeks 1-3

- Obtain 45 degrees flexion in brace
  - Active hamstrings contraction and passive knee extensions

## Weeks 3-12

- Assisted ROM's (patient should get to 40 degrees flexion by 6 weeks)
- Straight leg raising, terminal extension, hamstring stretching, quad setting
- Wean brace at 4-6 weeks and wean off crutches at 6-8 weeks

## Late phase (12 weeks) Indefinite

- Weights (low weights/high reps), bicycling (keep seat high) and functional activities
- Jogging or running is the last thing allowed
- Patient must be able to run without a limp; if limp occurs, stop running and continue weights until swelling subsides
- Progressive running program
  - 1<sup>st</sup> day: ¼ mile/run 100 yards/walk 100 yards
    - routine continued over time until patient can run ¼ mile
  - 2<sup>nd</sup> week: ½ mile run (slow) three times per week
  - 3<sup>rd</sup> week: ¾ mile run (slow) three times per week
  - 4<sup>th</sup> week: 1 mile run (slow) three times per week
  - 5<sup>th</sup> week: begin sprints 40 yard dash (1/2 speed) then ¾ speed and progress to full speed
  - 6<sup>th</sup> week: agility drills