

# PHYSICAL THERAPY PRESCRIPTION

Keck Medicine  
of USC

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PATIENT STICKER

### QUADRICEPS TENDON REPAIR PHYSICAL THERAPY PRESCRIPTION

**DATE OF SURGERY:** \_\_\_\_\_

**DIAGNOSIS:** S/P (Left / Right) Quadriceps Tendon Repair

#### 0-4 WEEKS

\_\_\_ Weight Bearing: TDWB x 2 weeks then progress to FWB

\_\_\_ Range of Motion Active Flexion, Passive Extension ONLY for first 6 weeks

\*\* NO ACTIVE EXTENSION \*\*

\_\_\_ Limit ROM to \_\_\_\_\_ deg for first 4 weeks, then may progress ROM

\_\_\_ Straight Leg Raises / Quad Isometrics

#### >4 WEEKS

\_\_\_ Quadriceps and Hamstring stretching

\_\_\_ Quadriceps Strengthening \_\_\_ V.M.O. Strengthening

\_\_\_ Full Arc \_\_\_ 0-30° Arc

\_\_\_ Hamstring Strengthening

\_\_\_ Iliotibial Band Stretching / Strengthening

\_\_\_ Adductor/Abductor Stretching / Strengthening

\_\_\_ Achilles Tendon Stretching

\_\_\_ Electrical Stimulation for Quadriceps

\_\_\_ Ice / Massage / Anti-Inflammatory Modalities

**Treatment:** \_\_\_\_\_ times per week \_\_\_\_\_ Home Program

**Duration:** \_\_\_\_\_ weeks

**Physician's Signature:** \_\_\_\_\_

Frank A. Petrigliano, MD, Attending Orthopaedic Surgeon, USC