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**Patient Name:**

**Date:**

**Date of Surgery:**

**Knee Rehabilitation:  
Quadriceps Tendon Repair**

- Weight Bearing: NWB / TTWB / PWB x 6 weeks
- 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
- CPM 3-4 hrs per day for first 6 weeks
- Straight Leg Raises / Quad Isometrics
- 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

Please send progress notes.

**Physician's Signature:** \_\_\_\_\_  
**Gregory Galano, MD**