
Kinesiology Musculoskeletal System Foundations

Rehabilitation 2nd

rehabilitation guidelines for patellar tendon and ... - 2 uwsportsmedicine 621 science drive • madison, wi 53711 4602 eastpark blvd. • madison, wi 53718 phase i (surgery to 2 weeks after surgery) appointments • rehabilitation appointments begin 3-5 days after surgery rehabilitation goals • protect the post-surgical repair precautions • ambulate with crutches • continually use the dial brace locked in extension and crutches for ...
therapeutic exercise - filesd - therapeutic exercise foundations and techniques fourth edition carolyn kisner, ms, pt associate professor physical therapy program college of mount st. joseph **quad tendon patellar tendon repair protocol** - 4 621 science drive • madison, wi 53711 • uwsportsmedicine rehabilitation guidelines for patellar tendon and quadriceps tendon repair cardiovascular exercises • upper body circuit training or ube progression criteria • progress six weeks post-operatively • knee rom = 0°-0°-90° (i.e. avoid knee hyperextension)

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