

Course Title: Rehab 133 - Quadriceps/ Patella Tendon Repair

Course Description: Rehab 133 - Quadriceps/ Patella Tendon Repair, is a 1-hour, audiovisual-formatted course designed for the clinician interested in learning more about patella tendon repair and protocols for rehabilitation. This course will begin with a review of pertinent anatomy and biomechanics of the knee. Diagnostic techniques and concomitant injuries will also be presented. Following this review, the instructor will discuss and present the surgery and approach for repairing the damaged patella tendon. Rehabilitation techniques, phases of rehab and interventions including standard protocols and best practices will be presented. At the end of this course, the learner will have a thorough understanding of patella tendon repair and rehabilitation strategies in order to maximize functional outcome following repair of the patella tendon.

Target Audience: PT/PTA

Course Type: Video vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 1 contact hour / .1 ceu

Course Prerequisites: None

Course Author / Instructor: Robert McCabe, PT, OCS

Learning Objectives:

- Enumerate three physical / clinical examination findings associated with rupture of the quadriceps tendon.
- List 3 patient specific factors that need to be considered when following a rehabilitation program following repair of the quadriceps or patella tendon.
- Recall three goals during phase 1 (0-2 weeks) of a rehabilitation program following repair of the quadriceps or patella tendon.
- Identify three goals during phase 3 of a rehabilitation program following repair of the quadriceps or patella tendon.
- Cite five return-to-play criteria that need to be met following repair of the quadriceps or patella tendon.

Agenda:

Hour #1

Introduction
Anatomy
Biomechanics
Diagnosis

Imaging techniques
Concomitant Injuries
Rehabilitation
Factors Influencing Rehab Progression
Rehab Principles
Rehab Phases
Return to Play

Course Completion Requirements:

A passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

Course Registration: Register for Free at www.OnlineCE.com. Once registered, you can begin to purchase courses. Contact info@onlinece.com for special needs requests and assistance.

Refund Policy: There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

Cancellation Policy: Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

Course Date and Location: This is an independent course that is available 24/7 on-demand at www.OnlineCE.com.

Required Materials and Equipment: Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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