

Rehabilitation Protocol: Quadriceps and Patellar Tendon Repair

Name: _____ Date: _____

Diagnosis: _____ Date of Surgery: _____

Phase I (Weeks 4-10)

- Weightbearing: As tolerated in the hinged knee brace locked in extension
- Hinged Knee Brace: Progressive increase in flexion allowed under guidance of PT

- Week 4: 0-30°, Week 5: 0-40°, Week 6: 0-70°, Week 8: 0-90°, Week 10: Unlocked
 - Range of Motion: PROM and AAROM as tolerated according to restrictions above
 - Therapeutic Exercise

- Begin isometric quadriceps strengthening, straight leg raises ○ Patellar mobilization, scar massage

Phase II (Weeks 10-16)

- · Weightbearing: As tolerated -- in unlocked hinged knee brace until week 12
- · Hinged Knee Brace: Completely unlocked for Weeks 10-12, Discontinue brace at

Week 12 if patient capable of straight leg raise with good quad control

- · Range of Motion: AAROM AROM as tolerated, Goal: full flexion by week 12-14
- · Therapeutic Exercise

- Continue with patellar mobilizations
- Start stationary bicycle when ROM allows, Aquatic therapy ○ Begin progressive resistance exercises/therabands

Phase III (Months 4-6)

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- □ Weightbearing: As tolerated Range of Motion: Full and painless Therapeutic Exercise
 - Continue with quadriceps strengthening, Focus on single leg strength
 - Start treadmill walking – progress to light jogging starting at month 6

Phase IV (Months 6-12)

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance

Comments:

Frequency: _____ times per week Duration: _____ weeks

Signature: _____ Date: _____