



**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

o 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**

- o Begin isometric quadriceps strengthening, straight leg raises
- o 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**

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

Phase III (Months 4-6)

• **Weightbearing:** As tolerated

• **Range of Motion:** Full and painless

• **Therapeutic Exercise**

- o Continue with quadriceps strengthening, Focus on single leg strength
- o Start treadmill walking – progress to light jogging starting at month 6

Phase IV (Months 6-12)

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

Comments:

Frequency: _____ **times per week** **Duration:** _____ **weeks**

Signature: _____ **Date:** _____