

Rehabilitation Protocol: Quadriceps/Patellar Tendon Repair

Name: _____ Date: _____

Diagnosis: _____ Date of Surgery: _____

Phase I: 0 - 2 Weeks

- **Knee Immobilizer Locked in Extension:** Worn at all times
 - Taken off only for physical therapy sessions converted to hinged knee brace at first post-op visit
- **Weightbearing:** WBAT with the knee locked in extension
- **Range of Motion:** AROM/AAROM/PROM 0-30 degrees or ROM as instructed by your surgeon.
- **Therapeutic Exercises:** Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle TheraBand exercises

Phase II: 2 - 6 Weeks

- **Knee Brace:** Worn with weightbearing activities still locked in full extension– may be removed at night
- **Weightbearing: Range of Motion:** AROM/AAROM/PROM – add 15 degrees of flexion each week –Goal is 90 degrees by post-op week 6
- **Therapeutic Exercises:** Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle TheraBand exercises, initiate straight leg raises

Phase III: 6 - 10 Weeks

- **Knee Brace:** Unlocked – worn with weightbearing activities
- **Weightbearing:** Full
- **Range of Motion:** AROM/AAROM/PROM – progress to full ROM by post-operative week 10
- **Therapeutic Exercises:** Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle TheraBand exercises, Initiate straight leg raises

Phase IV: 10 - 12 Weeks

- **Knee Brace:** Discontinue
- **Weightbearing:** Full
- **Range of Motion:** Full
- **Therapeutic Exercises:** Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle TheraBand exercises, initiate straight leg raises, Start stationary bicycle

Phase V: 3 - 6 Months

- Return to full activities as tolerated

Comments:

Frequency: 2-3 times per week

Duration: 6-8 weeks

Signature: _____ Date: _____