

Patellar/Quad Tendon Repair Protocol

Phase I: (approximately 0-2 weeks post-op)

- Brace:
 - Locked at 0 degrees, to be worn at all times
- Weight Bearing:
 - WBAT (locked at 0 degrees), crutches at all times
- Exercises:
 - Ankle pumps
 - Towel calf stretch
 - Quad set
 - Patella mobilization
 - Scar and soft tissue massage

Phase II: (approximately 3-4 weeks post-op)

- Brace:
 - At all times
- Weight bearing:
 - WBAT with brace locked at 0 degrees, crutches at all times
- Exercises:
 - Passive ROM
 - Active Assisted ROM 0°-30°
 - Ankle pumps
 - Quad sets
 - 4-way SLR in brace
 - Knee extension
 - Upper body strength training exercises allowed if sitting or lying down
 - Patellar mobilization
 - Soft tissue and scar massage

Phase III: (approximately 5-6 weeks post-op)

- Brace:
 - At all times
- Weight bearing:
 - WBAT with brace locked at 0 degrees
- Exercise
 - PROM/AAROM 0°-90°
 - Quad Sets
 - 4-way SLR

- Knee extension
- Heel slides 0°-90°
- Continue upper body strength training
- Begin core training exercises
- Patellar Mobilization
- Calf Stretching
- Hamstring Stretching
- UBE

Phase IV: (approximately 7-12 weeks post-op)

- Weight Bearing:
 - WBAT with knee brace open, OK to DC brace as gait normalizes
- Exercises:
 - PROM/AAROM 0°-105°
 - 4 way SLR
 - TKE
 - Begin lower body CKC
 - Hamstring strengthening
 - Bilateral proprioceptive exercises
 - Continue upper body strength training
 - Begin exercise bike with minimal resistance

Phase V: (approximately 12-24 weeks post-op)

- Weight Bearing:
 - No restrictions, emphasis on reciprocal stair climbing pattern
- Exercises:
 - Full ROM activities
 - Bike
 - Continued strengthening
 - Continued proprioceptive training
 - ROM Goals: 0-120 degrees
 - Closed chain exercises
 - Core strengthening exercises

Phase VI: (approximately 24-36 weeks post-op)

- Exercises:
 - Initiate jogging
 - Continued strengthening
 - Functional rehabilitation
 - Begin agility/plyometric exercises at 8 months
 - Return to sport 9-12 months