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Rehabilitation Protocol: Quadriceps and Patellar Tendon Repair

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Duration of immobilization in full extension: _____ weeks (prior to entering Phase I)

Intra-operative tension free range of motion: _____ degrees

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. Active flexion and passive extension until 6 weeks. Begin active extension at 6 weeks.
- **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
 - Focus on closed chain and eccentric exercises

Phase III (Months 4-6)

- **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 (at 6 months with good isokinetic strength)
- Maintenance program for strength and endurance

Comments:

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

Send Progress notes

Physician's Signature: _____

(I have medically prescribed the above treatments)

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