



## Quadriceps/Patellar Tendon Repair Protocol

Ryan Horazdovsky, MD

### PHASE I (0-2 WEEKS AFTER SURGERY)

- Rehab Goals: Protect the post-surgical repair
- Activity: WBAT with crutches and knee brace locked in extension
- Range of motion: 0°-30° of passive knee motion only in presence of the physical therapist.
- Suggested Therapeutic Exercises: ankle pumps, isometric quadriceps sets, hamstring sets, glut sets, and patellar mobilizations.

### PHASE II (2-6 WEEKS AFTER SURGERY)

- Rehab Goals: Normalize gait with WBAT with gradual progression, continuing to use the brace locked in extension.
- Activity: Continue WBAT with crutches and knee brace. Begin gentle range of motion exercises 0°-90° (only with physical therapy, unless cleared by therapist to work on range of motion on own.)
- Suggested Therapeutic Exercises: Heal slides, knee extension range of motion with foot resting on a towel, gentle patellar mobilizations, weight shifting on to surgical side with brace on

### PHASE III (6-12 WEEKS AFTER SURGERY)

- Rehab Goals: Normalize gait on level surfaces using brace opened to 30°-40° without crutches when cleared by physical therapist.
- Activity: Gradual progression to weight bearing with knee flexion with avoidance of weight bearing knee flexion past 70 degrees for 12 weeks after surgery.
- Suggested Therapeutic Exercises: Active Range of Motion for open chain knee flexion and extension, stationary bike, open chain hip strengthening, core strengthening.