

## Patellar / Quadriceps Tendon Repair

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**Surgeon must specify on the referral any specific requests or deviations that fall outside the scope of this protocol.**

| Phase I   | Phase II  | Phase III   |
|---|---|---|
| (Weeks 0 – 6)   | (Weeks 6 – 12)  | (Weeks 12 – 16+)  |
| <p style="text-align: center;"><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>No flexion for 2 weeks</li> <li>PWB with immobilizer/brace locked at 0° and ambulatory aid</li> </ul> <p style="text-align: center;"><b>CLINIC CARE</b></p> <ul style="list-style-type: none"> <li>Patellar mobilization</li> </ul> <p style="text-align: center;"><b>PROM</b><br/><b>Week 2</b></p> <ul style="list-style-type: none"> <li>Knee flexion up to 45° (or as directed by surgeon)</li> </ul> <p style="text-align: center;"><b>Week 4-6</b></p> <ul style="list-style-type: none"> <li>Knee flexion 0-90° (or as directed by surgeon)</li> </ul> <p style="text-align: center;"><b>EXERCISE</b></p> <ul style="list-style-type: none"> <li>Quad sets</li> <li>SLRs in knee immobilizer</li> <li>Ankle pumps</li> <li>Active heel slides</li> <li>Passive extension</li> <li>Hip strength with brace on</li> <li>Calf raises</li> </ul> <p style="text-align: center;"><b>GOALS or Criteria to Advance</b></p> <ul style="list-style-type: none"> <li>ROM 0-90°</li> </ul> | <p style="text-align: center;"><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>Use crutches until quad control and full extension are achieved</li> <li>Progress to WBAT and full WB based on joint response</li> <li>D/C brace for gait as strength and motion allow; Unlock brace 60-90° for ambulation</li> </ul> <p style="text-align: center;"><b>CLINIC CARE</b></p> <ul style="list-style-type: none"> <li>Patellar mobilization</li> </ul> <p style="text-align: center;"><b>PROM</b><br/><b>Week 7-8</b></p> <ul style="list-style-type: none"> <li>Knee flexion 0-115° (or as directed by surgeon)</li> </ul> <p style="text-align: center;"><b>Week 9-10</b></p> <ul style="list-style-type: none"> <li>Knee flexion 0-130° (or as directed by surgeon)</li> </ul> <p style="text-align: center;"><b>EXERCISE</b></p> <ul style="list-style-type: none"> <li>Bike for ROM</li> <li>Initiate CKC knee strength (Don't load knee flexion past 70°)</li> <li>Progress hip, core, and ankle strength</li> <li>Proprioception</li> <li>OKC extension</li> </ul> <p style="text-align: center;"><b>GOALS or Criteria to Advance</b></p> <ul style="list-style-type: none"> <li>AROM 0-120°</li> <li>SLR without lag</li> </ul> | <p style="text-align: center;"><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>Full WB</li> </ul> <p style="text-align: center;"><b>EXERCISE</b></p> <ul style="list-style-type: none"> <li>Progress cardio</li> <li>Initiate single-leg CKC strength (squats, lunges)</li> <li>Advance proprioception</li> </ul> <p style="text-align: center;"><b>GOALS or Criteria to Advance</b></p> <ul style="list-style-type: none"> <li>Full AROM</li> <li>Community ambulation without brace</li> <li>Symmetric single-leg squat ≤ 60°</li> </ul> <p style="text-align: center;"><b>Progress to Sports Phase after 16 weeks if the following are met:</b></p> <ul style="list-style-type: none"> <li>Equal A/PROM</li> <li>Jogging pain-free with symmetrical gait</li> <li>Strength portion of LE functional test within 80% of uninvolved leg</li> </ul> |

Revised 11/2019

**Questions and updates regarding the progress of any specific patient are encouraged and should be directed to Dr. Cooper at 952-456-7617.**