

Patellar and Quadriceps Tendon Repair Protocol

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| Weeks 0-6 |
| <ul style="list-style-type: none">• WBAT, Brace locked in extension all times except with therapy.• ROM:<ul style="list-style-type: none">◦ 0-30° Weeks 0-2◦ 0-60° Weeks 2-4◦ 0-90° Weeks 4-6• Patella mobilization• SLR supine with brace locked at 0 degrees, Quad Sets• Ankle Pumps |
| Weeks 6-12 |
| <ul style="list-style-type: none">• Unlock brace for ambulating. Wean from brace as tolerated.• May D/C crutches when gait normalized.• Normalize ROM. No limits.• Begin short crank ergometry and progress to• Standard (170mm) ergometry (if knee ROM > 115 degrees)• Advance quad strengthening• Mini Squats / Weight Shift |
| Months 3-6 |
| <ul style="list-style-type: none">• Normal gait, WBAT with no assist• Full, Normal ROM• Leg Press, Squats• Initiate running/jogging• Isotonic Knee Extensions (90-40 degrees, closed chain preferred)• Agility exercises (sport cord)• Versaclimber/Nordic Track• Normalize quad strength |