

## ***Quadriceps/Patellar Tendon Repair Rehabilitation Protocol***

- **Weeks: 0-6**
  - Goals: protect repair, decrease swelling/inflammation
  - Progressive weight bearing as tolerated with crutches; okay to wean from crutches once strength and balance return
  - Wear hinged knee brace locked in extension at all times except when working on ROM or hygiene, this includes sleeping
  - Range of motion – progress slowly, okay if behind stated goals – do not aggressively bend or force the knee in flexion
    - 0-2 weeks post-op – 0 deg extension (fully straight) to 30 deg flexion
    - 2-4 weeks post-op – 0 deg extension to 60 deg flexion
    - 4-6 weeks post-op – 0 deg extension to 90 deg flexion
    - >6 weeks post-op – slow progression beyond 90 deg flexion
  - Work on quad strengthening – quad sets, straight leg raises, blood flow restriction, etc.
  - Ok for ankle pumps, patellar mobilizations, hip abduction/adduction
  - Modalities as needed for muscle stimulation, pain control, swelling control
- **Weeks 6-16**
  - Goals: improved swelling and pain, increase ROM, begin emphasis on strengthening
  - Continue to wear brace, but unlock when upright and walking to facilitate return of normal leg swing and gait pattern
  - Okay to discontinue brace once ROM in flexion is comfortably beyond 90 degrees flexion, quad strength is adequate, and walking with no crutches and no limp
  - Continue to progress ROM in flexion and extension – will likely ultimately be a few degrees less in flexion compared to contralateral side which is okay
  - Continue to progress quad strengthening – avoid extensor lag if possible
  - At week 12 and beyond progress into eccentric and functional exercises
  - Emphasize importance of home exercise program
  - Modalities as needed for muscle stimulation, pain control, swelling control
  - Okay for hydro/aquatic therapy if available
- **Weeks 16+ (4 months+)**
  - Goals: increase strength, return to work, sport, and/or pre-injury functional level with minimal to no restrictions
  - Initiate plyometrics, straight line running, and agility work at discretion of therapist/trainer when felt to be appropriate
  - Work on improving functional/ADL tasks as needed
  - Functional/work-specific/sport strengthening and training, if applicable
    - Return to sport anticipated at a minimum of 6 months (low-level, recreational) to 9 months or more (high-level, elite, professional)
  - Customized HEP to continue once PT/OT is completed

