

Patellar and Quadriceps Tendon Repair Rehabilitation Protocol

Sean Rockett, MD

Immediate Post op (Weeks 0-4)

Weightbearing: As tolerated in hinged knee brace locked in extension

Range of Motion: Increase Range of Motion as tolerated to achieve Full ROM by 8-10 weeks.

Therapeutic Exercise: Begin patellar mobilization, scar massage

Stairs: Able to walk up and down stairs while using crutches or other assistance.

Phase I (Weeks 4-8)

Weightbearing: As tolerated in the hinged knee brace locked in extension, may wean off the crutches as tolerated.

Range of Motion: AROM as tolerated according to above.

Therapeutic Exercise

- o Begin isometric quadriceps strengthening, straight leg raises at week 4
- o Patellar mobilization, scar massage

Phase II (Weeks 9-16)

Weightbearing: As tolerated -- in unlocked hinged knee brace by week 10.

Hinged Knee Brace: Discontinue brace if patient is capable of straight leg raise with good quadriceps control.

Range of Motion: Should Achieve full ROM by 8-10 weeks.

Therapeutic Exercise

- o Continue with patellar mobilizations
- o Start stationary bicycle when ROM allows, Aquatic therapy
- o Begin progressive resistance exercises

Phase III (Months 4-6)

Weightbearing: As tolerated

Range of Motion: Full and painless

Therapeutic Exercise

- o Continue with quadriceps strengthening, Focus on single leg strength
- o Start treadmill walking

Phase IV (Months 6-12)

- o Gradual return to athletic activity as tolerated
- o Maintenance program for strength and endurance